
























# Group Fitness Class Schedule

Effective January 30, 2012

GYM	MON	TUE	WED	THU	FRI	SAT	SUN
5:45am		Interval training Studio		Interval Training Studio			
8:30am						 	Kick Boxing 8:15am(S)
9:15am	 Fit For Life(S)	 Yoga(S)	Muscle Challenge 	 Muscle Challenge	Muscle Challenge		
9:30am						 9:35am	
10:00am	 10:10am(S)		Just The Core(s)				
10:15am							
10:30am			Fit For Life 10:40am(S)		Fit For Life(S)		
11:15am		SilverSneakers® Muscular Strength(S)		SilverSneakers® Muscular Strength(S)		Yoga 11:30am(S)	
4:30pm							
5:30pm		  5:40pm(S)		 			
6:35pm			 Mat Pilates(S)				
7:00pm	Yoga(S)						
CYCLE	MON	TUE	WED	THU	FRI	SAT	SUN
5:45am					Cycle 45		
7:30am						Cycle 50	
9:00am				Cycle 50	Cycle 60 9:15am		
9:30am						Cycle 45	
4:45pm		Cycle 45					
5:30pm			Cycle 60				
6:05pm	Cycle 50						

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 Center Hours: Mon-Thurs: 5:00am – 10:00pm/Fri: 5:00am – 9:00pm/Sat & Sun 7:00am – 5:00pm  
 (S)=GROUP EXERCISE STUDIO