
























Group Fitness Class Schedule

January 5, 2012

STUDIO	MON	TUE	WED	THU	FRI	SAT	SUN
6:00am			Yoga 		Yoga (45) 		
8:00am	Yoga		Mat Pilates (45)		Yoga	Pilates Fusion	
9:00am	Chair Yoga						
9:30am							
10:00am							
10:15am							
10:30am							Yoga (90)
5:00pm				 			
5:30pm		Cardio Blast 5:30-6:30					
6:00pm	Yoga	6:30-7:00 On the Ball	Yoga 				
7:00pm							
CYCLE	MON	TUE	WED	THU	FRI	SAT	SUN
6:00am	Cycle 60			Cycle 60			
9:00am						Cycle 60	Cycle 60
9:30am	Cycle 60			Cycle 60	Cycle 60		
6:00pm	Cycle 60	Cycle 60	Cycle 60	Cycle 60			

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Center Hours: Weekdays 5:00am- 10:00pm / Weekends 6:30am- 6:00pm

Pool Hours: Weekdays 5:00am- 9:45pm / Weekends 6:30am- 5:45pm

Youth Activity Center Hours: Monday -Friday 8:30am-12:00noon / Saturday 9:00am- 11:30am
Monday & Wednesday 4:00pm- 7:00pm / Tuesday, Thursday & Friday 5:00pm- 7:00pm