















Group Fitness Class Schedule

Effective Jan. 2nd 2012

STUDIO	MON	TUE	WED	THU	FRI	SAT	SUN
9:30am	 ZUMBA FITNESS	Cardio Blast	 ZUMBA FITNESS	Cardio Blast	Step	Yoga Cardio Blast	 ZUMBA FITNESS
10:30am	 GROUP POWER	Yoga	 GROUP POWER	Pilates Fusion	 GROUP POWER	 GROUP POWER	
11:30am	Arthritis Foundation Exercise	 ZUMBA Gold	Yoga Arthritis Foundation Exercise	Fit for Life			Reservations required for Cycling, Youth Center, KidZone classes and Saturday Cardio Blast class.
5:00pm	Just the Core						
5:30pm	Step	Yoga  GROUP POWER	Step	Yoga  GROUP POWER			
6:30pm	 GROUP POWER	Interval Training	 GROUP POWER	Kickboxing			
7:00pm	Yoga	Yoga		Yoga			
7:45pm	 ZUMBA FITNESS		 ZUMBA FITNESS				

CYCLE	MON	TUE	WED	THU	FRI	SAT	SUN
8:00am						Cycle 60	
9:00am		Cycle 45		Cycle 45			Cycle 60
9:30am	Cycle 45		Cycle 45		Cycle 45	Cycle 45	
5:30pm	Cycle 45	Cycle 45		Cycle 45			
6:30pm	Cycle 45	Cycle 45	Cycle 45	Cycle 45			

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Center Hours: Weekdays 5:00am-10:00pm / Weekends 7:00am-7:00pm

Youth Activity Center Hours: Mon-Sat 8:30am-1:00pm / Monday-Thursday 4:00-8:00pm (reservations required)