

| 3 MONDAY 5:45AM LYNN | 4 TUESDAY | 5 WEDNESDAY | 6 THURSDAY 6:00AM VICKY | 7 FRIDAY | 8 SATURDAY 8:00AM ANNIE | 9 SUNDAY 8:00AM CHRISSEY |
|-----------------------------|---------------------------|---------------------------|-----------------------------------|-----------------|-------------------------------|--------------------------------|
| LES MILLS BODYPUMP | | | LES MILLS BODYPUMP | | LES MILLS BODYSTEP | KICKBOXING |
| 8:15AM JEN | 8:15AM CHRISSEY | 8:15AM SABRINA | 8:15AM LAUREN | 8:15AM JEN | 9:05AM JEN | 9:00AM DARREN |
| LOW 30 | KICKBOXING 30 | LES MILLS BODYSTEP | S&L | Muscles | sweat | LES MILLS BODYPUMP |
| 8:45AM JEN | 8:45AM CHRISSEY | | | | | |
| PILATES 30 | MUSCLES 30 | | | | | |
| 9:30AM NIKKI | | 9:30AM NIKKI | 9:30AM JEN | 9:30AM BRISA | 10:15AM LYNN | |
| Cardio Circuits | | Cardio Circuits | sweat | ZUMBA | LES MILLS BODYPUMP | |
| 10:35AM JEN | | | 10:45AM JEN | 10:45AM JEN | 11:15AM REBECCA | |
| Foam Roller 20 | | | Foam Roller 20 | HARDCORE | ZUMBA | |
| 12:15PM MARTHA | 12:00PM BRISA | 12:00PM JEN | 11:00AM REBECCA | | | |
| LES MILLS BODYPUMP | ZUMBA | ABS 30 | ZUMBA | | | |
| | | 12:30PM JEN | 12:15PM REBECCA | | | |
| | | LOW IMPACT 30 | LES MILLS BODYPUMP | | | |
| 4:30PM DARREN | 4:30PM JEN | 4:30PM JEN | 4:30PM MANDY | | | |
| tone | HARDCORE | Muscles | LES MILLS BODYCOMBAT | | | |
| 5:30PM KARLA | 5:30PM REBECCA | 5:45AM KARLA | 5:30PM DARREN | | | |
| LES MILLS BODYATTACK | LES MILLS BODYPUMP | LES MILLS SH'BAM | LES MILLS CX WORX | | | |
| | | | 6:00PM SABRINA | | | |
| | | | LES MILLS BODYSTEP | | | |
| 6:30PM CHRIS | 6:30PM ANNIE | | 6:30PM ANN | | | |
| CARDIO DANCE | LES MILLS BODYSTEP | | tone | | | |
| | | | 7:00PM ANN | | | |
| | | | LES MILLS BODYPUMP EXPRESS | | | |

NEW CLASS!

**S&L
STRENGTHEN AND LENGTHEN**

A 60 MINUTE YOGA VINAYAS WITH TRADITIONAL BOOT CAMP MOVES AND CORE WORK.



MIND/BODY STUDIO

| MONDAY 6:00AM | TUESDAY 6:00AM | WEDNESDAY 6:00AM CATHY | THURSDAY 6:00AM | FRIDAY | SATURDAY | SUNDAY |
|-------------------|-------------------------------|-------------------------------|--------------------|-------------------------------|------------------|-------------------|
| OPEN YOGA | OPEN YOGA | Morning Flow | OPEN YOGA | | | |
| 9:30AM NIKKI | | 9:30AM Barbara | 8:15AM Jen S. | 9:30AM TONY | 9:15AM Loretta | |
| Yoga Level 2 | | Yoga Level 2 | Pilates/Core Yoga | Power Yoga | Yoga Level 2 | |
| 11:00AM SHEILA W. | 11:00AM SHEILA | 11:00AM NIKKI | 11:00AM NIKKI | 11:00AM Margee | 10:30AM Cathy L. | 10:30AM NIKKI |
| Gentle/Beg. | Yoga Level 1 | Gentle/Beg. | Yoga Level 1 | Gentle/Beg. | Yoga Level 1 | Yoga Level 2 |
| | | 12:15PM SHEILA M. | | 12:15PM Margee | | 2:30PM Cathy L. |
| | | Deep Stretch Slow Flow | | Deep Stretch Slow Flow | | Gentle/Beg. |
| | | | | | | 4:00PM LORA |
| | | | | | | Yoga Level 2 |
| 6:00PM LORETTA | 6:00PM BARBARA | 6:00PM TONY | 6:00PM LANCE | | | 5:30PM TONY |
| Yoga Level 2 | Mixed Lev Flow Vinyasa | Yoga Level 3 | BoxingYoga | | | Meditation |

SPIN/RPM STUDIO

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|----------------|----------------------|----------------------|----------------------|---------------|----------------------|-------------|
| | 5:45AM MARTHA | 5:30AM KARA | 5:45AM JODEE | 6:00AM MARTHA | 8:05AM MELISSA | 8:05AM LISA |
| | SPIN | SPIN | SPIN | SPIN | LES MILLS RPM | SPIN |
| 9:30AM JEN | | 9:30AM JULIE | | 8:30AM NIKKI | 9:15AM JODEE | |
| SPIN | | LES MILLS RPM | | SPIN | SPIN | |
| 12:15PM CINDY | 12:15PM JEN | 12:15PM LISA | 12:15PM MARGEE | 12:15PM CINDY | | |
| SPIN | LES MILLS RPM | SPIN | LES MILLS RPM | SPIN | | |
| 6:00PM LISA B. | 6:00PM JODEE | 6:00PM MARTHA | | | | |
| SPIN | SPIN | LES MILLS RPM | | | | |

POOL

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|----------------------|----------------------|----------------------|----------------------|----------------------|----------------------------|---|
| 8:30AM TERESA | 8:30AM TABITHA | 8:30AM KIM | 8:30AM AUDREY | 8:30AM ANNA | 9:00AM RITA | **FEE BASED** The Hirsch Cancer Center Class is a fee based class with specific requirements to attend. To inquire, please contact info@hirschcenter.org |
| Water Fitness | Water Fitness | Water Fitness | Water Fitness | Water Fitness | Water Fitness | |
| 9:45AM TERESA | 9:45AM TABITHA | 9:45AM LAUREN | 9:45-10:30AM | | | |
| Gentle Aqua | Gentle Aqua | Gentle Aqua | Open Water | | | |
| 12:00PM DAVID | | 12:00PM NUMEDA | | | 2:00PM **LINDA** | |
| Water Works | | HIIT | | | Hirsch Center Class | |