

4/8/2019 MONDAY 5:45AM LYNN	4/9/2019 TUESDAY	4/10/2019 WEDNESDAY	4/11/2019 THURSDAY 6:00AM VICKY	4/12/2019 FRIDAY	4/13/2019 SATURDAY 8:00AM DANA	4/14/2019 SUNDAY 8:00AM KAREN
<b>LES MILLS BODYPUMP</b>			<b>LES MILLS BODYPUMP</b>		<b>LES MILLS BODYSTEP</b>	<b>PIYO</b>
8:15AM JEN	8:15AM CHRISSEY	8:15AM SABRINA	8:15AM LAUREN	8:15AM LAUREN	9:05AM KARLA	9:00AM LYNN
<b>LOW 30</b>	KICKBOXING 30	<b>LES MILLS BODYSTEP</b>	<b>S&amp;L</b>	<b>Muscles</b>	<b>LES MILLS BODYATTACK</b>	<b>LES MILLS BODYPUMP</b>
8:45AM JEN	8:45AM CHRISSEY					
<b>PILATES 30</b>	<b>MUSCLES 30</b>					
9:30AM NIKKI	9:30AM BRISA	9:30AM AUDREY	9:30AM JEN	9:30AM BRISA	10:15AM REBECCA	
Cardio Circuits	<b>Strong</b>	<b>Muscles</b>	<b>sweat</b>	<b>ZUMBA</b>	<b>LES MILLS BODYPUMP</b>	
10:35AM JEN	11:15 JEN		10:35 AM JEN		11:15AM REBECCA	
<b>Foam Roller 20</b>	FLEXIBLE STRENGTH		<b>Foam Roller 20</b>		<b>ZUMBA</b>	
11:15AM JEN	12:15 PM BRISA	12:15 PM JEN	11:00AM REBECCA			
<b>LOW 45</b>	<b>ZUMBA</b>	<b>ABS 30</b>	<b>ZUMBA</b>			
12:15PM MARTHA		12:45 PM JEN	12:15PM MARTHA			
<b>LES MILLS BODYPUMP</b>		<b>LOW 30</b>	<b>LES MILLS BODYPUMP</b>			
4:30PM AUDREY	4:30pm JEN	4:30PM JEN	4:30PM JEN			
<b>LES MILLS BODYPUMP</b>	<b>HARDCORE</b>	<b>Muscles</b>	<b>KICKBOXING</b>			
5:30PM KARLA	5:30PM REBECCA	5:45PM KARLA	5:30PM JAMES			
<b>LES MILLS BODYATTACK</b>	<b>LES MILLS BODYPUMP</b>	<b>LES MILLS SH'BAM</b>	<b>LES MILLS EX'WORX</b>			
			6:00PM SABRINA			
			<b>LES MILLS BODYSTEP</b>			
6:30PM CHRIS	6:30PM ANNIE		6:30PM JAMES			
<b>ZUMBA</b>	<b>LES MILLS BODYSTEP</b>		<b>LES MILLS BODYPUMP</b>			

\* PLEASE NOTE:  
THERE IS NO FRIDAY, 10:45AM,  
HARDCORE CLASS THIS WEEK.  
IT WILL RETURN NEXT WEEK.



MIND/BODY STUDIO

MONDAY 6:00AM	TUESDAY 6:00AM	WEDNESDAY 6:00AM Cathy	THURSDAY 6:00AM	FRIDAY	SATURDAY	SUNDAY
<b>OPEN YOGA</b>	<b>OPEN YOGA</b>	Morning Flow	<b>OPEN YOGA</b>			
9:30AM Nikki		9:30AM BARBARA	8:15AM JEN S.	9:30AM TONY	9:00AM KRISTY	
Yoga Level 2		Level 2	<b>Pilates</b>	Power Yoga	Yoga Level 2	
11:00AM Nikki	11:00AM SHEILA W.		11:00AM Nikki	11:00AM Margee	10:30AM Sheila	10:30AM Nikki
Gentle/Beg.	Yoga Level 1	Gentle/Beg.	Yoga Level 1	Gentle/Beg.	Yoga Level 1	Yoga Level 2
12:15pm Sheila		11:00am Anne H.		12:15PM Margee		2:30PM Barbara
<b>Level 1</b>				Deep Stretch Slow Flow		Gentle/Beg.
		12:15pm Anne H.				4:00PM Lora
		Slow Flow/Deep Stretch				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	Level 2 Plus	<b>Yoga for Everyone</b>			<b>Meditation</b>

SPIN/RPM STUDIO

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	5:45AM KARA	5:30AM MELISSA	5:45AM JODEE	6:00AM MARTHA	8:05AM MIKE C	8:05AM LISA B
	<b>SPIN</b>	<b>SPIN</b>	<b>SPIN</b>	<b>SPIN</b>	<b>LES MILLS RPM</b>	<b>SPIN</b>
9:30AM JEN		9:30AM JULIE		8:30AM NIKKI	9:15AM MARTHA	
<b>SPIN</b>		<b>LES MILLS RPM</b>		<b>SPIN</b>	<b>SPIN</b>	
12:15PM CINDY N	12:15PM JEN	12:15PM LISA B	12:15PM JULIE	12:15PM TIFFANY		
<b>SPIN</b>	<b>LES MILLS RPM</b>	<b>SPIN</b>	<b>LES MILLS RPM</b>	<b>SPIN</b>		
6:00PM LISA B.	6:00PM AUDREY	6:00PM MARTHA	6:00PM LISA B			
<b>SPIN</b>	<b>SPIN</b>	<b>LES MILLS RPM</b>	<b>SPIN</b>			

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	
<b>Water Fitness</b>	<b>Water Fitness</b>	<b>Water Fitness</b>	<b>Water Fitness</b>	<b>Water Fitness</b>	<b>Water Fitness</b>	**FEE BASED** The Hirsch Cancer Center Class is a fee based class with specific requirements to attend. To inquire, please contact info@hirschcenter.org
9:45AM TERESA	9:45AM TABITHA	9:45-10:30AM	9:45-10:30AM			
<b>Gentle Aqua</b>	<b>Gentle Aqua</b>	<b>Open Water</b>	<b>Open Water</b>			
					2:00PM **LAUREN**	
					<b>Hirsch Center Class</b>	