

<b>Monday</b>	<b>Class</b>	<b>Location</b>	<b>Instructor</b>
9:00 AM	All Abs	Group Fitness	Tracey
9:30 AM	Step Intervals	Group Fitness	Janet
9:30 AM	Gentle Yoga	Upper Studio	Lynne
10:30 AM	BodyFlow	Group Fitness	Lisa
10:30 AM	Silver Sneakers Cardio Circuit	Gym	Kathy
11:30 AM	Silver Sneakers Yoga Stretch	Gym	Kathy
5:30 PM	Power Ride	Group Fitness	Lisa
6:30 PM	BodyPump	Group Fitness	Ruthie
7:30 PM	Zumba	Gym	Michelle

<b>Tuesday</b>	<b>Class</b>	<b>Location</b>	<b>Instructor</b>
5:30 AM	Strength Conditioning	Group Fitness	Tina
7:30 AM	Kick and Core	Group Fitness	Kathy
8:30 AM	Silver Sneakers 1	Gym	Kathy
9:00 AM	Zumba	Upper Studio	Michelle
9:30 AM	Kick and Core	Group Fitness	Melissa
10:30 AM	BodyPump	Group Fitness	Lisa
10:00 AM	Zumba Gold	Upper Studio	Michelle
11:00 AM	Silver Sneakers 1	Gym	Kathy
4:45 PM	Mix it Up!	Group Fitness	Beth
5:45 PM	Zumba	Group Fitness	Leah
6:45 PM	Yoga	Group Fitness	Jennifer

<b>Wednesday</b>	<b>Class</b>	<b>Location</b>	<b>Instructor</b>
9:30 AM	Power Ride	Group Fitness	Lisa
9:30 AM	Zumba Gold Toning	Upper Studio	Michelle
10:30 AM	Total Conditioning	Group Fitness	Janet
11:30 AM	Ab/Stretch	Group Fitness	Janet
10:30 AM	Active Adults	Group Fitness	Kathy
11:30 AM	Silver Sneakers Yoga Stretch	Gym	Kathy
5:00 PM	BodyPump	Group Fitness	Ruthie
6:15 PM	Basic Vinyasa Yoga	Group Fitness	Tina P.
7:30 PM	Zumba Toning	Group Fitness	Michelle

<b>Thursday</b>	<b>Class</b>	<b>Location</b>	<b>Instructor</b>
5:30 AM	Strength Conditioning	Group Fitness	Tina
7:30 AM	Raising The Bar	Group Fitness	Kathy
8:30 AM	Silver Sneakers 1	Gym	Kathy
9:00 AM	Zumba	Upper Studio	Michelle
9:30 AM	Body Pump	Group Fitness	Lisa
9:30 AM	Silver Sneakers Cardio Circuit	Gym	Kathy
10:30 AM	Boot Camp	Group Fitness	Melissa
11:00 AM	Silver Sneakers 1	Gym	Kathy
4:45 PM	Sculpt It!	Group Fitness	Beth
5:45PM	Boot Camp	Group Fitness	Lisa/Maddie
6:45 PM	BodyFlow	Group Fitness	Jennifer

<b>Friday</b>	<b>Class</b>	<b>Location</b>	<b>Instructor</b>
5:45 AM	Spin and Core	Group Fitness	Jennifer
8:30 AM	BodyPump	Group Fitness	Kathy
9:00 AM	Zumba Toning	Upper Studio	Michelle
9:30 AM	Cardio Step	Group Fitness	Tracey
9:30 AM	Silver Sneakers Cardio Fit	Gym	Kathy
10:00 AM	Zumba Gold	Upper Studio	Michelle
10:30 AM	Silver Sneakers Yoga Stretch	Gym	Kathy
10:30 AM	Gentle Yoga	Group Fitness	Lynne
4:30 PM	Zumba	Group Fitness	Michelle/Angela

<b>Saturday</b>	<b>Class</b>	<b>Location</b>	<b>Instructor</b>
8:00 AM	Spin	Group Fitness	Janet
9:15 AM	BodyPump	Group Fitness	Lisa
10:30 AM	Zumba	Group Fitness	Angela

<b>Sunday</b>	<b>Class</b>	<b>Location</b>	<b>Instructor</b>
10:30 AM	Basic Vinyasa Yoga	Group Fitness	Tina
1:00 PM	Zumba	Group Fitness	Michelle