



FITNESS CLASS SCHEDULE

April 9-June 2

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Spin 6:00-6:45 am Studio 2/ Colleen		Y-pump* 6:00-6:45am Studio1/John	Power Step 6:15-7:00 am Studio 1/ Laura	Spin 5:45-6:30 am Studio 2/ Pete	Pilates/Core* 7:45-8:30 am Studio 1/ Teri
	Step 6:30-7:15 am Studio 1/ Laura			Cardio/Pump* 6:30-7:15am Studio1/John	Yoga 8:30-9:30 am Martial Art /Diana
Cardio Circuit * 9:00-9:45 am Studio 1/ Abby		Hi/Lo* 9:00-9:45 am Studio 1/ Abby		Spin Circuit 9:00-9:45 am Studio 2/ Taryn	Circuit Training 8:45-9:30 am HEC/ Dan
Supervised Exercise 9:30-10:30 am HEC/ Barbie	Pilates/Core* 9:00-9:45 am Studio 1/ Julie	Supervised Exercise 9:30-10:30 am HEC/ Barbie	Pilates/Core* 9:00-9:45 am Studio 1/Cathi	Supervised Exercise 9:30-10:30 am HEC/ Barbie	Step 9:00-9:45am Studio2/Tracy
Yoga 9:45-11:00 am Martial Art Diana	Yoga Fusion* 10:00-10:45 am Studio1/Abby	Yoga 9:45-11:00 am Martial Art Diana		Keep it off \$ 9:00am Studio1/Abby	Strong Teens* 10-10:45 am HEC/ Kenny
Y-PUMP 10:00-10:45 am Studio 1/ Jeff	Cardio Tennis \$ 10:00-11:00am MSC/Seth 3/6-4/19	Y-PUMP* 10:00-10:45 am Studio 1/ Wendy	Cardio Tennis \$ 10:00-11:00am MSC/Seth 3/6-4/19	Y PUMP* 10:00-10:45 am Studio1/ Taryn	Y PUMP* 10:00-11:00 am Studio 1/ Jaime
SilverStars 10:00-10:45 am Studio 2 Heather	Kettlebell \$ 10:00-10:45 am Studio2/Cathi 3/13-5/10	SilverStars 10:00-10:45 am Studio 2 Heather	Kettlebell \$ 10:00-10:45am Studio2/Cathi 3/13-5/10		Kettlebell \$ 10:00-10:45 Studio 2/Veta 3/10-5/5
Circuit Express* 12:00-12:30 pm Well Ctr/Heather		Circuit Express* 12:00-12:30 pm Well Ctr/ Heather			Sunday
Butt & Gutt * 4:45-5:30 pm Studio 1/ Lynn	Circuit Training 4:15-5:00 pm HEC/ Jim	Butt & Gutt* 4:45-5:30 pm Studio 1/ Lynn	Circuit Training 4:15-5:00 pm HEC/Jim		Pilates* 1:00-1:45 Studio 1/ Cathi
Strong Teens* 4-4:45pm HEC/ Kenny	Kids fit Ages 8-12 4:30-5:15 pm Studio1/ kelly	Strong Teens* 4-4:45pm HEC/ Kenny	Hip Hop ages 8-12 4:30-5:15pm Studio1/Jade		
Keep it off \$ 5:30pm Studio2/Jeff	Y-PUMP* 5:30-6:15 pm Studio 1/ Myra	Kickbox Circuit* 5:30-6:15 pm Studio1/ Victoria	Y-PUMP* 5:30-6:15 pm Studio 1/Dawn	<div style="border: 1px solid black; border-radius: 50%; padding: 20px; width: fit-content; margin: 0 auto;"> <p>*Family friendly classes Ages 10 & up must attend with adult</p> </div>	
Bootcamp* 5:30-6:15pm Studio 1/Ray	Begin To Step* 5:30-6:15 pm Studio 2/ Veta		Begin To Step* 5:30-6:15 pm Studio 2/ Veta		
Zumba* 6:30-7:15 pm Studio 1/ Dana	Keep it off \$ 6:30pm Studio1/Ray	Spin 6:30-7:15 pm Studio2/Ray	Yoga 6:30-7:15 pm Martial Arts Donna		
Kettlebell \$ 6:30-7:15pm Studio 2/Stephanie 3/10-5/9	Spin 6:30-7:15 pm Studio 2/ Keith	Kettlebell \$ 6:30-7:15pm Studio1/ Stephanie 3/12-5/9	Spin 6:30-7:15 pm Studio 2/ Paul		

schedule subject to change
Revised April 10,2012