

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<p>1</p> <p>7:20: Yoga/Jim 8:30: Gutbusters/Susan 9:00: Step Circuit/Susan 10:15: Pilates/Rebecca 12:00: Men's Power Pilates/Jenny* 3:30: SilverSneakers® Cardio Circuit 4:30: Boot Camp* 5:30: Latin Fusion/Suki 6:35: Yoga/Pam</p>	<p>2</p> <p>5:30: Cycleworks/Tanya 7:15: Pilates/Jan B. 8:30: Stretching/Jim 9:30: Zumba/Tasha 10:45: SilverSneakers® 12:00: Boot Camp* 5:00: Boot Camp* 6:00: Pilates/Cheryl</p>	<p>3</p> <p>7:20: Yoga/Jim 8:30: Zumba Sculpt/ Nikki 9:30: Step/Sculpt 10:45: SilverSneakers® YogaStretch 12:00: Cycleworks/ Grace 4:30: Boot Camp* 5:30: Latin Fusion/Suki 6:35: Yoga/Suzy</p>	<p>4</p> <p>5:30: Cycleworks/ Jacqy 8:30: Stretching/Jim 9:30: Let's Dance/ Whitney 10:45: Silver-Sneakers® 12:00: Boot Camp* 5:00: Boot Camp* 6:00: Cycleworks/Suzy</p>	<p>5</p> <p>8:30: Gutbusters/ Nikki 9:00: Step 101/ Nikki 9:30: Pilates/Sybil</p>	<p>6</p> <p>8:30: Yoga/ Suzy 9:45: Power Hour/ Patricia</p>
7	<p>8</p> <p>7:20: Yoga/Jim 8:30: Gutbusters/Susan 9:00: Step Circuit/Susan 10:15: Pilates/Rebecca 12:00: Men's Power Pilates/Jenny* 3:30: SilverSneakers® Cardio Circuit 4:30: Boot Camp* 5:30: Latin Fusion/Suki 6:35: Yoga/Pam</p>	<p>9</p> <p>5:30: Cycleworks/Tanya 7:15: Pilates/Jan B. 8:30: Stretching/Jim 9:30: Zumba/Tasha 10:45: SilverSneakers® 12:00: Boot Camp* 5:00: Boot Camp* 6:00: Pilates/Cheryl</p>	<p>10</p> <p>7:20: Yoga/Jim 8:30: Zumba Sculpt/ Nikki 9:30: Step/Sculpt 10:45: SilverSneakers® YogaStretch 12:00: Cycleworks/ Grace 4:30: Boot Camp* 5:30: Latin Fusion/Suki 6:35: Yoga/Suzy</p>	<p>11</p> <p>5:30: Cycleworks/ Jacqy 8:30: Stretching/Jim 9:30: Let's Dance/ Whitney 10:45: Silver-Sneakers® 12:00: Boot Camp* 5:00: Boot Camp* 6:00: Cycleworks/Suzy</p>	<p>12</p> <p>8:30: Gutbusters/ Nikki 9:00: Step 101/ Nikki 9:30: Pilates/Sybil</p>	<p>13</p> <p>8:30: Yoga/ Suzy 9:45: Power Hour/ Patricia</p>
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AEROBICS

Sun	Mon	Tue	Wed	Thu	Fri	Sat
21	22 7:20: Yoga/Jim 8:30: Gutbusters/Susan 9:00: Step Circuit/Susan 10:15: Pilates/Rebecca 12:00: Men's Power Pilates/Jenny 3:30: SilverSneakers® Cardio Circuit 4:30: Boot Camp* 5:30: Latin Fusion/Suki 6:35: Yoga/Pam	23 5:30: Cycleworks/Tanya 7:15: Pilates/Jan B. 8:30: Stretching/Jim 9:30: Zumba/Tasha 10:45: SilverSneakers® 12:00: Boot Camp* 5:00: Boot Camp* 6:00: Pilates/Cheryl	24 7:20: Yoga/Jim 8:30: Zumba Sculpt/ Nikki 9:30: Step/Sculpt 10:45: SilverSneakers® YogaStretch 12:00: Cycleworks/ Grace 4:30: Boot Camp* 5:30: Latin Fusion/Suki 6:35: Yoga/Suzy	25 5:30: Cycleworks/ Jacqy 8:30: Stretching/Jim 9:30: Let's Dance/ Whitney 10:45: Silver- Sneakers® 12:00: Boot Camp* 5:00: Boot Camp* 6:00: Cycleworks/Suzy	26 8:30: Gutbusters/ Nikki 9:00: Step 101/ Nikki 9:30: Pilates/Sybil	27 8:30: Yoga/ Suzy 9:45: Power Hour/ Patricia
28					Hours: Monday– Thursday: 5:00 a.m.—9:30 p.m. Friday 5:00 a.m.—8:00 p.m.	Saturday: 7:00 a.m.—6:00 p.m. Sunday: 1:00 p.m.—5:00 p.m.

***Note: Please see staff to sign up for Boot Camp classes**