

DRYLAND CLASSES (in studio #1, unless otherwise indicated)

| | SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---------------|------------|------------------------|-------------------------|------------------------|--------------|-------------------------|--------------------------|
| 6:05-6:50am | | | Rowing | | | | |
| 7:05-7:50am | Rowing | | | | | | |
| 8:00-8:50am | | Gentle Fit | | Gentle Fit | Rowing | Gentle Fit | Cycling |
| 9:00-9:50am | Meta-Bolic | Cycling | Sculpt & Core | Rowing | Metabolic | Sculpt & Core | Step |
| | | #TricoTough (TRX Area) | | #TricoTough (TRX Area) | | | |
| 10:00-10:50am | Cycling | Barre | Zumba | Barre | Zumba | Cycling | Barre |
| | | Fit & Fab (Gym) | sTRXngth +55 (TRX Area) | Fit & Fab (Gym) | | sTRXngth +55 (TRX Area) | #TricoTough (TRX Area) |
| 11:00-11:50am | Rowing | | Step | | Step | | Cycle & Lift |
| 12:00-12:50pm | | | | | | | Row & Lift |
| 5:00-5:50pm | | Cycling | Step | Metabolic | Butts & Guts | | |
| | | | Teen Crush (TRX Area) | | | | Learn to Row (5:15-5:45) |
| 6:00-6:50pm | | Lift | Cycling | Cycling | Cycling | Cardio Dance | Rowing |
| 7:00-7:50pm | | Rowing | | Row & Lift | | | |
| | | | | #TricoTough (TRX Area) | | | |

AQUATICS CLASSES (in pool)

| | SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---------------|--------|---------------------|---------------|-----------|---------------------|--------------------|----------|
| 8:00-8:50am | | DWW | | | | DWW | |
| 9:00-9:50am | | DWW | Aqua Zumba | DWW | Baby & You: Aquafit | DWW | |
| 10:00-10:50am | | Baby & You: Aquafit | DWW | DWW | DWW | Aqua for Arthritis | |
| 1:00-1:50pm | | DWW | | DWW | | | |
| 3:00-3:50pm | | | Aqua Bootcamp | | Aqua Bootcamp | | |

REGISTERED CLASS

MIND/BODY CLASSES (in studio #4, unless otherwise indicated)

| | SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---------------|------------------------------|-------------------|------------------|-------------------|------------------|-------------------|------------------------|
| 6:05-6:50am | | Hip Neutral | | | | | |
| 9:00-10:00am | Pilates for the Pevlic Floor | | Pilates | | Pilates | Hip Neutral | Yoga: Vinyasa (9:15am) |
| 10:30-11:30am | Yoga: Vinyasa | Yoga: Yin/Restore | Yoga: Yang/Hatha | Yoga: Yin/Restore | Yoga: Yang/Hatha | Yoga: Yin/Restore | Dadurday Yoga |
| 11:45-12:45pm | Better Backs | | | | | | |
| 1:00-2:00pm | Better Boners | | | Chair Yoga | | | |
| 4:45-5:45pm | | Pilates | | Bro-ga | | | |
| 6:00-7:00pm | | Yoga: Strong | | The Big Chill | Yoga: Hatha | | |
| 7:15-8:15pm | | | Yoga: Hatha | Yoga: Vinyasa | | Meditation | |

REGISTERED CLASS

