

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

EFFECTIVE May 1- June 30

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:05-6:50am			Rowing	Cycling			
7:05-7:50am							
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			Metabolic	Cycling	Rowing		Row & Lift
5:00-5:50pm			Step	Barre	Butts & Guts		Learn to Row* (5:15-5:45)
6:00-6:50pm		Lift	Cycling	Cycling	Step	Cardio Dance	Rowing*
7:00-7:50pm		Rowing		Row & Lift			*Most weeks, check the website
				#TricoTough (TRX Area)			

AQUATICS CLASSES (in pool)

EFFECTIVE May 1- May 30

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00-8:50am		DWW				DWW	
9:00-9:50am		DWW	Aqua Zumba			DWW	
10:00-10:50am			DWW	DWW	DWW		
1:00-1:50pm		DWW		DWW			
3:00-3:50pm			Aqua Bootcamp		Aqua Bootcamp		

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

EFFECTIVE May 1- June 30

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:05-6:50am		Hip Neutral			Yoga: Sun Salute		
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
4:45-5:45pm		Pilates		Bro-ga		Pilates	
6:00-7:00pm		Yoga: Strong		The Big Chill	Yoga: Hatha		
7:15-8:15pm			Yoga: Hatha	Yoga: Vinyasa		Meditation	

Check the Program Guide for dozens of Registered Specialty Programs