

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

EFFECTIVE July 2-August 30

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:05-6:50am							
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	Fit & Fab	Zumba	Fit & Fab	Zumba	Cycling	Barre
						sTRXngth +55 (TRX Area)	
11:00-11:50am	Rowing		Barre		Step		Row & Lift
12:00-12:50pm							
5:00-5:50pm			Step	Barre	Butts & Guts		
6:00-6:50pm		Lift	Cycling	Cycling	Step	Cardio Dance	
7:00-7:50pm		Rowing		Row & Lift			
				#TricoTough (TRX Area)			

AQUATICS CLASSES (in pool)

EFFECTIVE July 2-August 30

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00-8:50am		DWW	DWW	DWW	DWW	DWW	

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

EFFECTIVE July 2-August 30

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:05-6:50am							
9:00-10:00am			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	
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			Meditation	

[Click here to view the Program Guide for dozens of Registered Specialty Programs](#)