

CLASS SCHEDULE

Spinning Classes

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>	<u>Sunday</u>
5:45am Jen (ext spin)	5:45am Amy	5:45am Andrea	5:45am Kim	5:45am Jen(ext spin)	9:00am Kim	9:00am Emma (Spin/yoga)
12noon Lisa P.	9:30am Kim	12noon Lisa	9:30am Victoria/Kim D.	12noon Lisa	10:00am Mark	
5:30pm Kim A.	6:00pm Kim S./Kim	5:30pm Jen	6:00pm Mark/Victoria			
6:30pm Stacey	7:00pm Kim A.	6:30pm Emma	7:00pm Stacey			

Fitness Classes

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>	<u>Sunday</u>
9:30am Cardio Sculpt Kim	6:30am Flex-a-Ball Stacey	9:30am Cardio Sculpt Megan	9:30am Yoga Lisa	9:30am Cardio Sculpt Victoria	8:15am Pilates Joni	10:30am Beginners Yoga Emma
11:00am SilverSneakers MSROM Jen J.	9:30am Yoga Lisa	11:00am SilverSneakers MSROM Jen J.		11:00am SilverSneakers MSROM Kim D.	9:00am Yoga Lauren	
5:30pm Yoga Emma	5:45pm Bootcamp Jen	5:30pm Yoga Kim	5:45pm Cardio Sculpt Jen/Kim S.		10:00am Cardio Strenght/Step Carrie	
6:30pm Hi-Low Cardio Kim S.	6:45pm Yoga Emma	6:30pm Cardio Kickboxing Carrie	6:45pm Yoga Jen Marie		11:00am Flex-a-Ball Stacey	
7:30pm Zumba Anne		7:30pm Pilates Joni				