

### Spinning® Class Schedule

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>	<u>Sunday</u>
5:45am Jen	5:45am Amy	12noon Lisa	5:45am Kim	5:45am Jen	9:00am Kim	9:30am <a href="#">(Spin/yoga)</a> Victoria/Kim
12noon Lisa	9:30am Kim (Spin/Sculpt)	6:00pm Jen	9:30am Victoria	12noon Lisa		S.
6:00pm Kim A./Stacey	6:00pm Kim S.					

### Group 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 - 10:30am <a href="#">Total Body</a> <a href="#">Interval</a> Kim	9:30-10:30am <a href="#">Flow Yoga</a> Lisa P.  11:00am <a href="#">SilverSneakers</a>	9:30-10:30am <a href="#">Total Body</a> <a href="#">Interval</a> Kim/Victoria  11:00am <a href="#">SilverSneakers</a>	9:30-10:30am <a href="#">Yoga</a> Lisa  11:00am <a href="#">SilverSneakers</a>	9:30- 10:30am <a href="#">Total Body</a> <a href="#">Interval</a> Victoria	8:15-8:45am <a href="#">TRX/Core &amp;</a> <a href="#">Abs</a> Kim  9:00-9:45am <a href="#">Vinyasa Yoga</a> lauren	
11:00am <a href="#">SilverSneakers</a> <a href="#">MSROM</a> Richard	5:45-6:30pm <a href="#">H.I.I.T.</a> Jen  6:45-7:30pm <a href="#">Vinyasa Yoga</a> Alice	6:00-6:45pm <a href="#">Cardio/Core</a> Carrie  6:45-7:30pm <a href="#">Pilates</a> Keri	5:45-6:30pm <a href="#">Ultimate</a> <a href="#">Strength</a> Jen/Kim S.  6:45-7:30pm <a href="#">Slow Flow</a> <a href="#">Yoga</a> Jen Marie	11:00am <a href="#">Seniors'</a> <a href="#">Fitness</a> Varies	10:00- 10:45am <a href="#">H.I.I.T.</a> Carrie  11:00- 11:45am <a href="#">Flex-a-Ball</a> Stacey	
5:30-6:15pm <a href="#">Slow Flow</a> <a href="#">Yoga</a> Jen Marie						
6:30-7pm <a href="#">Cardio Blast</a> Kim S.						
7:05-7:35pm <a href="#">TRX Express</a> Kim S.						