

### 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 (ext spin)	5:45am Amy/Kim D.	12noon Lisa	5:45am Kim	5:45am Jen(ext spin)	9:00am Kim/Mark	9:30am <a href="#">(Spin/yoga)</a> Amy
12noon Lisa P.	9:30am Kim	6:00pm Jen	9:30am Victoria/Kim D.	12noon Lisa		
6:00pm Kim A./Stacey	6:00pm Kim S.		6:00pm MaryAnn			

### 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 <a href="#">Cardio Sculpt</a> Kim	9:30am <a href="#">Yoga</a> Lisa	9:30am <a href="#">Cardio Sculpt</a> Kim/Victoria	9:30am <a href="#">Yoga</a> Lisa	9:30am <a href="#">TRX/Total Conditioning</a> Victoria	8:15am <a href="#">TRX/Core</a> Kim	
11:00am <a href="#">SilverSneakers MSROM</a> Richard	11:00am <a href="#">SilverSneakers MSROM</a> Margaret	11:00am <a href="#">SilverSneakers MSROM</a> Richard	11:00am <a href="#">SilverSneakers MSROM</a> Margaret	11:00am <a href="#">Seniors' Fitness</a> Varies	9:00am <a href="#">Yoga</a> lauren	
5:30pm <a href="#">Yoga</a> Jen Marie	5:45pm <a href="#">TRX/Total Conditioning</a> Jen	5:30pm <a href="#">TRX/Cardio</a> Kim/Alice	5:45pm <a href="#">Cardio Sculpt</a> Jen/Kim S.		10:00am <a href="#">Total Body Conditioning</a> Carrie	
6:30pm <a href="#">TRX/Cardio</a> Kim S.	6:45pm <a href="#">Yoga</a> Alice	6:30pm <a href="#">Pilates</a> Joni	6:45pm <a href="#">Yoga</a> Jen Marie		11:00am <a href="#">Flex-a-Ball</a> Stacey	