

All Group Exercise Classes are free to members and reciprocal members. Non-members \$5 fee per class.

Thank you,
Josh

GENERAL INFO

- New to class? Tell your instructor if you need modifications.
- Warming up is a vital part of exercise, if you are more than 10 mins late, join us for the next class.
- Silence your cell phone. Calls to be taken out of room.
- You must be at least 16 years old.
- Classes evaluated on a regular basis and subject to change, based on attendance and availability.

CHILD WATCH HOURS:

Mornings

Monday -Friday	Ages
9am-12:00 pm	3 months-5yrs

Evenings

Monday - Friday	Ages
5:00 pm-8:00 pm	3 month-12yrs

Saturday	Ages
8:30am-12:00 pm	3 month-12yrs
Sunday	CLOSED

GENERAL CLASS SCHEDULE

MONDAY

Time	Class	Instructor	Location
6:00-7:00 am	Strength Train Together	Emiliano	Studio
9:00-10:00 am	Women with Weights	Josh	Studio
10:00-11:00 am	Aqua Cardio Latin Beat	Emiliano	Pool
5:30-6:30 pm	Strength Train Together	Elizabeth	Studio
6:30-7:30 pm	STRONG by Zumba	Elizabeth	Studio

TUESDAY

Time	Class	Instructor	Location
6:00-7:00am	Active Together	Rossana	Studio
9:00-10:00 am	Cardio Latin Beat	Emiliano	Studio
9:00-10:00 am	Strong and Flex Seniors	Shelly	RTBF Room
10:00-11:00 am	Strength Train Together	Emiliano	Studio
5:30-6:30 pm	Bootcamp	Bryan	Fitness Ctr
6:00-7:00 pm	Group Cycling	Maria	1st Fl
6:00-7:00 pm	Active Together	Rowan	Studio
7:00-8:00pm	Zumba	Frankie	Studio

WEDNESDAY

Time	Class	Instructor	Location
6:00-7:00 am	Strength Train Together	Emiliano	Studio
9:00-10:00 am	Women with Weights	Josh	Studio
9:00-10:00 am	Aqua Fit	Shelly	Pool
10:30-11:30 am	Silver Sneakers	TBD	Studio
5:30- 6:30 pm	Total Body	Brandy	Studio
5:30- 6:30pm	Aqua Fit	Shelly	Pool
6:45-7:45 pm	Zumba@	Denise	Studio

THURSDAY

Time	Class	Instructor	Location
6:00-7:00	Active Together	Rossana	Studio
9:00-10:00 am	Cardio Latin Beat	Emiliano	Studio
9:00-10:00 am	Strong and Flex Seniors	Shelly	RTBF Room
10:00-11:00am	AOA Cardio Latin Beat	Emiliano	Extreme Gym
6:00-7:00pm	Muscle Conditioning	Lynne	Studio
6:00-7:00 pm	Group Cycling	Maria	1st Fl
7:00-8:00 pm	Strength Train Together	Denise	Studio
7:00-8:00pm	Zumba	Frankie	Extreme Gym

FRIDAY

Time	Class	Instructor	Location
9:00-10:30 am	Fitness Fusion	Josh	Studio
9:00-10:00 am	Aqua Fit	Shelly	Pool
10:30-11:30am	Silver Sneakers	TBD	Studio
5:00-6:00pm	Active Together	Rossana	Studio
6:00-7:00pm	Glutes & Core Training	Elizabeth	Studio

SATURDAY

Time	Class	Instructor	Location
8:30-9:30 am	Functional Athletic Train	Lynne	Studio
9:00-10:00am	Gentle Yoga	Brandy	
8:30-9:30 am	Group Cycling	Maria	1st Flr
10:00-11:00 am	Zumba@	Denise	Studio
11:00-12:00 pm	Strength Train Together	Elizabeth	Studio

BOLD= NEW CLASS or TIME CHANGE

