

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:30 AM Cardio Blast Heather	8:30 AM Pilates Hanna	6:30 AM Power Hour Karen W.	8:30 AM ★ *Yoga Essentials* Rita	8:30 AM ★ Vinyasa Yoga Farnia	8:30 AM Cycle Karen W.	8:30 AM Cycle Lisa M.
9:30 AM Pilates Barre Val	9:30 AM Upper Body Blast Michelle	8:30 AM Pilates Evelyn	9:30 AM *Total Body Barre* Nadine	8:30 AM *Step Up: Muscle* Gail	9:30 AM ★ Vinyasa Yoga Lisa S.	9:30 AM ★ Gentle Yoga Karen
10:30 AM Muscle Sculpt Heather	9:30 AM Pilates Hanna	8:30 AM *Glutes and Abs* Alin	9:30 AM Zumba Alla	9:30 AM Cycle Lisa M.	9:30 AM Bootcamp Karen W.	9:30 AM Cycle Lisa M.
10:30 AM Pilates Val	10:30 AM Zumba Alla	9:30 AM Functional Yoga Evelyn	10:30 AM *Mat Pilates* Nadine	9:30 AM *Barre Pilates* Nadine	10:30 AM Yogalates Lisa S.	9:30 AM Athletic Circuit Denise
11:00 AM ★ Chair Yoga Orli	10:30 AM Yogalates Angela	9:30 AM Cycle Gayle	10:30 AM Abs and Glutes Heather	9:30 AM Cardio Blast Alin	10:30 AM Muscle Mix Karen W.	10:30 AM Pilates Karen
11:30 AM Zumba Alla	11:30 AM ★ Gentle Yoga Angela	9:30 AM Bootcamp Alin	11:30 AM Yogalates Lisa S.	10:30 AM Muscle Mix Alin	11:30 AM Pilates Val	10:30 AM *Stretch and Strength* Michelle
11:30 AM ★ Barre Sculpt Dani	11:30 AM ★ Forever Strong Joy	10:30 AM Pilates Karen	11:30 AM ★ Forever Strong Joy	10:30 AM *Foam Roller Pilates* Nadine	11:30 AM Zumba Dina	11:30 AM Muscle Sculpt Gail
12:30 PM ★ Gentle Yoga Angela	12:30 PM ★ Yoga Recovery Joy	10:30 AM Muscle Sculpt Gayle	12:30 PM ★ Barre Foundation Angela	11:00 AM ★ Chair Yoga Orli	12:30 PM Let's Dance: Latin Lina	11:30 AM Hatha Yoga Mabel
12:30 PM *Stretch it Out* Michelle	12:30 PM ★ Nia Natalie	11:30 AM ★ Gentle Yoga Karen	12:30 PM ★ Zumba Gold Mirella	11:30 AM *Spring Barre Sculpt* Dani	★ INDICATES LOW INTENSITY CLASS	12:30 PM Hatha Yoga Mabel
		11:30 AM ★ Body Balance Mauricio	1:30 PM ★ Yin Yoga Rita	12:00 PM ★ Zumba Alla		12:30 PM Zumba Steph
		12:30 PM Zumba Gail	2:30 PM Restorative Yoga Rita	12:00 PM ★ Gentle Yoga Orli		

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
4:30 PM Muscle Mix Alin	1:30 PM ★ Barre Foundation Angela	2:30 PM Barre Sculpt Dani	4:30 PM Abs and Glutes Leili
4:30 PM *Bootcamp: Jack Attack!* Jack	4:30 PM Cardio Kickbox Lisa S.	4:30 PM Yoga Sculpt Melissa	5:30 PM Muscle Sculpt Paula
5:30 PM Muscle Sculpt Alin	5:30 PM Pilates Val	4:30 PM Muscle Mix Alin	5:30 PM Pilates Val
5:30 PM Pilates Bonnie	5:30 PM Muscle Sculpt Lisa S.	4:30 PM *Ready to Rumble* Michelle	6:30 PM Athletic Circuit Michelle
6:30 PM Bootcamp Lesley	6:30 PM Drum Fit Beth	5:30 PM Cardio Sculpt Alin	6:30 PM J-Barre Val
6:30 PM Yogalates Lisa S.	6:30 PM Pilates Barre Val	5:30 PM Pilates Bonnie	7:30 PM Zumba Claudia
6:30 PM ★ Nia Natalie	6:30 PM Cycle Melissa	6:30 PM Bootcamp Lesley	7:30 PM *Power and Flow Yoga* Rita
7:30 PM Cycle Lesley	7:30 PM Vinyasa Yoga Julie	6:30 PM Cardio Dance Sculpt Bonnie	8:30 PM *Power Pilates* Rita
7:30 PM ★ Gentle Yoga Orli	7:30 PM Zumba Claudia	7:30 PM Cycle Lesley	★ INDICATES LOW INTENSITY CLASS
7:30 PM Zumba Alla	8:30 PM Latin Jam Alla	7:30 PM Yogalates Mabel	
8:30 PM Hatha Yoga Orli	8:30 PM Vinyasa Yoga Julie	7:30 PM Zumba Johanna	
		8:30 PM Hatha Yoga Mabel	

AQUAFIT SCHEDULE		
MONDAY	9:05 AM Aquafit Michelle	10:05 AM Aquafit Joy
TUESDAY	9:05 AM Aquafit Mauricio	10:05 AM Aquafit Makan
WEDNESDAY	9:05 AM Aquafit Joy	10:05 AM Aquafit Joy
THURSDAY	9:05 AM Aquafit Mauricio	10:05 AM Aquafit Mauricio
FRIDAY	9:05 AM Aquafit Simin	10:05 AM Aquafit Simin
Sunday		9:05 AM Aquafit Gabby

Room Locations

Main Studio
Yoga Studio B
Pool
Cycle
Dance Studio A
Meeting Room A
Boxing Studio