

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:30 AM Cardio Blast Heather	8:00 AM <b>*Step and Sculpt*</b> Paula	6:30 AM Power Hour Karen W.	8:30 AM ★ Yoga Essentials Rita	8:30 AM ★ Vinyasa Yoga Joy	8:30 AM Cycle Karen W.	8:30 AM Cycle Lisa M.
9:30 AM Pilates Barre Val	8:30 AM Pilates Hanna	8:30 AM Pilates	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 <b>*Full Body Burn*</b> Heather	9:30 AM Upper Body Blast Michelle	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	9:30 AM Pilates Hanna	9:30 AM Functional Yoga	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 Zumba Alla	9:30 AM Cycle Gayle	10:30 AM <b>*Full Body Burn*</b> Heather	9:30 AM Cardio Blast Alin	10:30 AM Muscle Mix Karen W.	10:30 AM Pilates Karen
11:30 AM Zumba Alla	10:30 AM Yogalates 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 ★ Gentle Yoga Angela	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	11:30 AM ★ Forever Strong 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 <b>*Yogalates*</b> Lisa	12:30 PM ★ Yoga Recovery Joy	11:30 AM ★ Gentle Yoga Karen	12:30 PM ★ Zumba Gold Mirella	11:30 AM Spring Barre Sculpt Dani	★ <b>INDICATES LOW INTENSITY CLASS</b>	12:30 PM Hatha Yoga Mabel
	12:30 PM ★ Nia Natalie	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	2:00 PM Restorative Yoga Orli	4:30 PM *Core and Stretch* Lelli
4:30 PM *Bootcamp: Jack Attack!*Jack	4:30 PM Cardio Kickbox Lisa S.	2:30 PM Barre Sculpt Dani	4:30 PM *Sweat and Shred* Jack
5:30 PM Muscle Sculpt Alin	5:30 PM Pilates Val	4:30 PM Yoga Sculpt Melissa	5:30 PM Muscle Sculpt Paula
5:30 PM Pilates Bonnie	5:30 PM Muscle Sculpt Lisa S.	4:30 PM Muscle Mix Alin	5:30 PM Pilates Val
6:30 PM Bootcamp Lesley	6:30 PM Drum Fit Beth	4:30 PM *Ready to Rumble* Michelle	6:30 PM *HIIT Pilates* Noush
6:30 PM Yogalates Lisa S.	6:30 PM Pilates Barre Val	5:30 PM Cardio Sculpt Alin	6:30 PM J-Barre Val
6:30 PM ★ Nia Natalie	6:30 PM Cycle Melissa	5:30 PM Pilates Bonnie	7:30 PM Zumba Claudia
7:30 PM Cycle Lesley	7:30 PM Vinyasa Yoga Julie	6:30 PM Bootcamp Lesley	7:30 PM Power and Flow Yoga Rita
7:30 PM ★ Gentle Yoga Orli	7:30 PM Zumba Claudia	6:30 PM *Barre Pilates* Bonnie	8:30 PM Power Pilates Rita
7:30 PM Zumba Alla	8:30 PM Latin Jam Alla	7:30 PM Cycle Lesley	★ <b>INDICATES LOW INTENSITY CLASS</b>
8:30 PM Hatha Yoga Orli	8:30 PM Vinyasa Yoga Julie	7:30 PM Yogalates Mabel	
		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