

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

July/August Group Exercise Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
4:30 PM Muscle Mix Alin	1:30 PM ★ Barre Foundation Angela	2:00 PM Restorative Yoga Ori	4:30 PM HIIT Pilates Noush
4:30 PM Bootcamp: Jack Attack! Jack	4:30 PM Cardio Kickbox Lisa S.	2:00 PM *Barre Balance* Dani	4:30 PM Sweat and Shred Jack
5:30 PM Muscle Sculpt Alin	5:30 PM Pilates Gail	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 Hanna
6:30 PM Bootcamp Lesley	6:30 PM Drum Fit Beth	4:30 PM Ready to Rumble Michelle	6:30 PM Athletic Circuit Denise
6:30 PM Yogalates Lisa S.	6:30 PM Pilates Barre Gail	5:30 PM Cardio Sculpt Alin	6:30 PM Barre Pilates Paula
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 Ori	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	★ INDICATES LOW INTENSITY CLASS
8:30 PM Hatha Yoga Ori	8:30 PM Vinyasa Yoga Julie	7:30 PM Yogalates Mabel	
		7:30 PM Zumba Johanna	
		8:30 PM Hatha Yoga Mabel	

AQUAFIT SCHEDULE - July 2 - August 31

MONDAY	8:35 AM Indoor Marina	9:35 AM Outdoor Michelle
TUESDAY	8:35 AM Indoor Joy	
WEDNESDAY	8:35 AM Indoor Joy	9:35 AM Outdoor Mauricio
THURSDAY	8:35 AM Indoor Camila	
FRIDAY	9:05 AM Indoor Simin	10:05 AM Indoor Marina
Sunday		9:05 AM Indoor Gabby

Room Locations

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