

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
EARLY	Cardio Sculpt: Tammy 5:15-6:15	Spin: Dan 5:15-6:00	Cardio Sculpt: Tammy 5:15-6:15	Spin: Dan 5:15-6:00	Cardio Sculpt: Tammy 5:15-6:15	
	W.I.S.E. Yoga-FLOW: Sarah - 8:15- 9:15 Yoga Room: Heated \$5 member/\$15 non-member		W.I.S.E. Yoga-FLOW: Sarah - 8:15- 9:15 Yoga Room: Heated \$5 member/\$15 non-member			
MORNING	Power Pump: Stacey L. 8:15-9:00	Strength & Cardio: Marcela 8:15-9:00	Cardio & Core: Emma 8:15-9:00	All in One: Lorna 8:15-9:00	Power Pump: Stacey L. 8:15-9:00	
	Sunrise Yoga Ruth Ann 9:10-10:00 (Group Ex Room)	Yoga De'Anne 9:10-10:10 (Group Ex Room)	Pilates De'Anne 9:10-10:00 (Group Ex Room)	Yoga De'Anne 9:10-10:10 (Group Ex Room)	Pilates De'Anne 9:10-10:00 (Group Ex Room)	
	Silver Sneakers® Lite: Stacey 9:30-10:00 - Gym	Life's a Sport: C.J. 9:00-10:00 - Gym	Silver Sneakers® Lite: Stacey 9:30-10:00 - Gym	Life's a Sport: C.J. 9:00-10:00 - Gym		Yoga for Strength and Balance Stacey 10-11 (Group Ex Room)
	Silver Sneakers® BOOM Muscle: Stacey & Denise 10:15-11:00 - Gym	Silver Sneakers® Classic: Tiffany & Connie 10:15-11:00 - Gym	Silver Sneakers® CardioFIT: Stacey & De'Anne 10:15-11:00 - Gym	Silver Sneakers® YOGA: De'Anne & Debi 10:15-11:00 - Gym	Silver Sneakers®: Circuit: Stacey & Connie 10:15-11:00 - Gym	
		Zumba: Tiffany 11:00-11:45	Gentle Yoga Ruth Ann 11:00-11:45 (Group Ex Room)	Zumba: Andrea 11:00-11:45	Zumba: Tiffany 11:00-11:45	
	W.I.S.E. Yoga-FLOW: Erika - 11:00-12:00 Yoga Room: Non heated \$5 member/\$15 non-member		W.I.S.E. Yoga-RESTORE: Debi- 11:00-12:00 Yoga Room: Non heated \$5 member/\$15 non-member			
	Beginner Boot Camp/Spin: Dan 12:00-12:45	Strength & Cardio: Connie 12:00-12:45	Kettle Cardio: Dan 12:00-12:45	All-in-One: Lorna 12:00-12:45	Spin: Emma 12:00-12:45	
DAYTIME	Power Blast: Lorna 4:30-5:15	All-in-One: Denise 4:30-5:15	Yoga: Lorna 4:30-5:15 (Group Ex Room)	Cardio Sculpt: Denise 4:30-5:15		
	W.I.S.E. Yoga-FLOW: Various - 5:00- 6:00 Yoga Room - Heated \$5 member/\$15 non-member	W.I.S.E. Yoga-FLOW: Erika - 5:00-6:00 Yoga Room - Heated \$5 member/\$15 non-member	W.I.S.E. Yoga-FLOW: Debi - 5:00- 6:00 Yoga Room - Heated \$5 member/\$15 non-member	W.I.S.E. Yoga-FLOW: Erika - 5:00-6:00 Yoga Room - Heated \$5 member/\$15 non-member		
	All-in-One: Connie 5:30-6:15	Spin: Denise 5:30-6:15	HIIT: Lorna 5:30-6:15	Power Pump: Denise 5:30-6:15		
	Zumba: Andrea 6:30-7:30	Yoga: Lorna 6:30-7:15 (Group Ex Room)	Zumba: Andrea 6:30-7:30			
	W.I.S.E. Yoga-YIN: Various - 6:15- 7:15 Yoga Room: Non heated \$5 member/\$15 non-member		W.I.S.E. Yoga-YIN: Debi - 6:15- 7:15 Yoga Room: Non heated \$5 member/\$15 non-member			
EVENING						

Cardio/strength
Specialty Yoga Class (\$)
Yoga/Pilates HMHB
Silver Sneakers®

RED PRINT: These classes are in danger of being cancelled due to low participation