

**MONDAY      TUESDAY      WEDNESDAY      THURSDAY      FRIDAY      SATURDAY      SUNDAY**

9:00 AM			<b>Yoga</b> (60 min)		<b>Yoga</b> (60 min)	<b>Step Challenge</b> (60 min)	
9:30 AM		<b>Hard-Core</b> (45 min)		<b>Hard-Core</b> (45 min)			
10:00 AM	<b>AQUA Aerobics</b> (45 min)				<b>AQUA Aerobics</b> (45 min) <i>New Class!</i>		<b>Yoga</b> (60 min)
10:15 AM	<b>TNT (HIIT)</b> (60 min)		<b>Step Challenge</b> (60 min)		<b>Muscles 'n Motion</b> (60 min)	<b>Pilates</b> (60 min)	
10:30 AM		<b>ZUMBA</b> (60 min)		<b>ZUMBA</b> (60 min)			
11:00 AM	<b>AQUA Aerobics</b> (45 min)				<b>AQUA Aerobics</b> (45 min)		
12:00 PM			<b>AQUA Aerobics</b> (45 min)			<b>ZUMBA</b> (60 min)	<b>ZUMBA</b> (60 min)
4:45 PM	<b>Kickboxing</b> (45 min)					<p><b>CLUB HOURS</b>  <b>Mon-Thurs:</b> 5:00am-10:00pm  <b>Fri:</b> 5:00am-9:00pm  <b>Sat:</b> 6:00am-6:00pm  <b>Sun:</b> 6:00am-5:00pm</p> <p><b>KIDS CLUB:</b>  Mon, Wed, Fri, Sat 9am-11:30am  Mon, Wed, Fri: 5:30pm-7:30pm</p>	
5:15 PM					<b>ZUMBA</b> (60 min)		
5:30 PM		<b>ZUMBA*</b> (60 min)		<b>TNT (HIIT)</b> (60 min)			
5:45 PM			<b>Hard-Core</b> (45 min)				
6:00 PM	<b>AQUA Aerobics Plus</b> (60 min)		<b>AQUA Aerobics Plus</b> (60 min)			<p><b>ANNOUNCING... SMALL GROUP TRAINING CLASSES TAKE YOUR TRAINING TO THE NEXT LEVEL!</b></p> <p>Mornings, Afternoons, &amp; Evenings... Size is Limited, Reasonable Rates</p>	
	<b>ZUMBA 1*</b> (45 min)						
6:15 PM					<b>Muscles 'n Motion</b> (60 min)		
6:30 PM			<b>Kickboxing</b> (60 min)				
6:45 PM		<b>Power Pilates</b> (60 min)		<b>Yoga</b> (60 min)			
7:15 PM	<b>ZUMBA 2</b> (45 min)	<p><b>*Attention: Signup for Monday &amp; Tuesday eves ZUMBA only</b>  (Call 413-525-8800 early, day of class)</p>					

**New Start Times!**