



GROUP EXERCISE

SUMMER 2018

For safety please arrive ON TIME, for the warm-up and so instructors can teach uninterrupted.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
LES MILLS BodyPump⁻⁶⁰ 5:30 - 6:30a		LES MILLS BodyPump⁻⁶⁰ 5:30 - 6:30a		LES MILLS BodyPump⁻⁶⁰ 5:30 - 6:30a	LES MILLS BodyPump⁻³⁰ 6:15 - 6:45a	
LES MILLS CX Worx⁻³⁰ 9:15-9:45a	Hard-Core⁻⁴⁵ 9:30 - 10:15a		Hard-Core⁻⁴⁵ 9:30 - 10:15a	Yoga⁻⁶⁰ 9:00 - 10:00a	Step & Sculpt⁻⁶⁰ 9:00 - 10:00a	
TNT (HIIT)⁻⁶⁰ 10:15-11:15a	ZUMBA⁻⁶⁰ 10:30-11:30a	Yoga⁻⁶⁰ 9:00 - 10:00a	ZUMBA⁻⁶⁰ 10:30-11:30a	Muscles 'n Motion⁻⁶⁰ 10:15 - 11:15a	STOTT Pilates⁻⁶⁰ 10:15-11:15a	Yoga⁻⁶⁰ 10:00 - 11:00
AQUA Aerobics⁻⁴⁵ 10:00-10:45a		Step & Sculpt⁻⁶⁰ 10:15 - 11:15a		AQUA Aerobics⁻⁴⁵ 10:00-10:45a		
AQUA Aerobics⁻⁴⁵ 11:00-11:45a		AQUA Aerobics⁻⁴⁵ 12:00-12:45a		AQUA Aerobics⁻⁴⁵ 11:00-11:45a	ZUMBA⁻⁶⁰ 12:00-1:00p	ZUMBA⁻⁶⁰ 12:00-1:00p
LES MILLS CX Worx⁻³⁰ 12:15-12:45p	LES MILLS BodyPump⁻³⁰ 12:15-12:45p	LES MILLS BodyBalance⁻³⁰ 12:15-12:45p	LES MILLS BodyPump⁻³⁰ 12:15-12:45p	LES MILLS BodyCombat⁻³⁰ 12:15-12:45p		
KickMax⁻⁴⁵ 5:00-5:45p	ZUMBA⁻⁶⁰ 5:30-6:30p	LES MILLS BodyPump⁻³⁰ 5:00-5:30p	STRONG by ZUMBA⁻⁶⁰ 5:30-6:30p	TNT (HIIT)⁻⁶⁰ 5:30-6:30a	<p>CLUB HOURS Monday-Thursday: 5:00am - 10:00pm Friday: 5:00am - 9:00pm Saturday: 6:00am - 6:00pm Sunday: 6:00am - 5:00pm</p> <p>KIDS CLUB: Mon, Wed, Fri, (Sat*) 9am - 11:30am Mon, Wed, Fri: 5:30pm - 7:30pm *(September - May)</p> <p>THE BEST MIX OF GROUP CLASSES IN THE AREA! ... and now LES MILLS</p> <p>Virtual Classes on the newly installed big screen! Same great live classes plus added options with <i>LesMills Virtual</i>!</p>	
AQUA Aerobics⁻⁶⁰ 6:00-7:00p	STOTT Pilates⁻⁶⁰ 6:45-7:45p	Hard-Core⁻³⁰ 5:45-6:15p	Yoga⁻⁶⁰ 6:45- 7:45p			
ZUMBA⁻⁴⁵ 6:00-6:45p		AQUA Aerobics⁻⁶⁰ 6:00-7:00p				
STRONG by ZUMBA⁻⁶⁰ 7:00-8:00p		KickMax⁻⁶⁰ 6:30-7:30p				

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 TAKE YOUR TRAINING TO THE NEXT LEVEL!
 Convenient Times Limited Size Reasonable Rates**