



# GROUP EXERCISE

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	<b>LES MILLS BodyPump</b> <sup>-60</sup> 5:30 - 6:30a	<b>LES MILLS BodyPump</b> <sup>-30</sup> 5:30 - 6:00a <b>CX Worx</b> <sup>-30</sup> 6:00 - 6:30a		<b>LES MILLS BodyPump</b> <sup>-60</sup> 5:30 - 6:30a	<b>LES MILLS BodyPump</b> <sup>-30</sup> 6:15 - 6:45a	
	<b>Hard-Core</b> <sup>-45</sup> 9:30 - 10:15a	<b>Yoga</b> <sup>-60</sup> 9:00 - 10:00a	<b>Hard-Core</b> <sup>-45</sup> 9:30 - 10:15a	<b>Yoga</b> <sup>-60</sup> 9:00 - 10:00a	<b>Step &amp; Sculpt</b> <sup>-60</sup> 9:00 - 10:00a	
<b>Muscles 'n Motion</b> <sup>-60</sup> 9:30 - 10:30a	<b>ZUMBA</b> <sup>-60</sup> 10:30-11:30a		<b>ZUMBA</b> <sup>-60</sup> 10:30-11:30a	<b>Muscles 'n Motion</b> <sup>-60</sup> 10:15 - 11:15a	<b>STOTT Pilates</b> <sup>-60</sup> 10:15-11:15a	<b>Yoga</b> <sup>-60</sup> 10:00 - 11:00a
<b>AQUA Aerobics</b> <sup>-45</sup> 10:00-10:45a		<b>Step &amp; Sculpt</b> <sup>-60</sup> 10:15 - 11:15a		<b>AQUA Aerobics</b> <sup>-45</sup> 10:00-10:45a		
<b>AQUA Aerobics</b> <sup>-45</sup> 11:00-11:45a		<b>AQUA Aerobics</b> <sup>-45</sup> 12:00-12:45a		<b>AQUA Aerobics</b> <sup>-45</sup> 11:00-11:45a	<b>ZUMBA</b> <sup>-60</sup> 12:00-1:00p	<b>ZUMBA</b> <sup>-60</sup> 12:00-1:00p
<b>LES MILLS CX Worx</b> <sup>-30</sup> 12:15-12:45p	<b>LES MILLS BodyPump</b> <sup>-30</sup> 12:15-12:45p	<b>LES MILLS BodyBalance</b> <sup>-30</sup> 12:15-12:45p	<b>LES MILLS BodyPump</b> <sup>-30</sup> 12:15-12:45p	<b>LES MILLS BodyCombat</b> <sup>-30</sup> 12:15-12:45p		
<b>KickMax</b> <sup>-45</sup> 5:15-6:00p	<b>ZUMBA</b> <sup>-60</sup> 5:30-6:30p	<b>LES MILLS Instructor's Choice</b> 5:00-5:30p Learn LesMills with Staff!	<b>STRONG by ZUMBA</b> <sup>-60</sup> 5:30-6:30p	<b>HIIT</b> <sup>-60</sup> <b>Strength</b> 5:30-6:30p	<b>CLUB HOURS</b> <b>Monday-Thursday:</b> 5:00am - 10:00pm <b>Friday:</b> 5:00am - 9:00pm <b>Saturday:</b> 6:00am - 6:00pm <b>Sunday:</b> 6:00am - 5:00pm  <b>THE BEST MIX OF GROUP CLASSES IN THE AREA!</b> ... and now <b>LES MILLS</b> Virtual Classes on the newly installed big screen! Same great live classes plus added options with <i>LesMills</i> Virtual!!	
<b>AQUA Aerobics</b> <sup>-60</sup> 6:00-7:00p	<b>STOTT Pilates</b> <sup>-60</sup> 6:45-7:45p	<b>Hard-Core</b> <sup>-30</sup> 5:45-6:15p	<b>Yoga</b> <sup>-60</sup> 6:45- 7:45p			
<b>ZUMBA</b> <sup>-45</sup> 6:15-7:00p		<b>AQUA Aerobics</b> <sup>-60</sup> 6:00-7:00p				
<b>STRONG by ZUMBA PLUS</b> <sup>-30</sup> 7:15-8:00p		<b>KickMax</b> <sup>-60</sup> 6:30-7:30p				

**Check out - SMALL GROUP TRAINING CLASSES**  
**TAKE YOUR TRAINING TO THE NEXT LEVEL!**  
Convenient Times Limited Size Reasonable Rates