

Monday			
5:00 - 5:50 AM	Recovery Yoga	Group X Studio	Jennifer
6:00 - 7:00	Cardio Kickboxing	Group X Studio	Robin
8:00 - 9:00	Torch N Tone	Group X Studio	Lacey
9:00 - 10:00	Slow Burn	Group X Studio II	Mardy
9:00 - 10:00	Aqua Aerobics	Pool	Janet
10:00- 11:00	Aqua Arthritic	Pool	Janet
10:00 - 10:45	Pound	Group X Studio	Courtney
4:10 - 4:55 PM	Cardio Kickboxing	Group X Studio	Robin
5:00 - 5:50	Stak'd Dance Bootcamp	Group X Studio	Erinn
5:15- 6:00	Strength and Agility	Group X Studio II	Janna
6:00 - 7:00	Barbell	Group X Studio	Ashley
6:00 - 7:00	Aqua Zumba	Pool	Nerian
Tuesday			
6:00 - 7:00 AM	Bootcamp	Group X Studio	Robin
7:45 - 8:15	Cardio	Group X Studio	Shari
9:30 - 10:30	Barbell	Group X Studio	Mardy
12:00 -12:45 PM	Lunchtime Spin	Group X Studio II	Taylor
4:15 - 5:00 PM	Zumba	Group X Studio	Ashley
5:15 - 6:00	Stakd Step	Group X Studio	Erinn
5:15 - 6:15	Tabata with Tara	Group X Studio II	Tara
6:00 - 6:45	Twerk N Tone Dance Fitness	Group X Studio	Ally W
6:25 - 7:25	Spin and Strength	Group X Studio II	Angela
Wednesday			
5:00 - 5:50 AM	Power Yoga	Group X Studio	Jennifer
6:00 - 7:00	Cardio HIIT	Group X Studio	Robin
8:00 - 9:00	Power Hour	Group X Studio	Shari/Ashley D (Rotate every other week)
9:00 - 10:00	Aqua Aerobics	Pool	Janet
9:00 - 10:00	Total Body Circuit	Group X Studio I	Ashley D
10:00- 11:00	Aqua Arthritic	Pool	Janet
10:00 - 10:45	Strong 45	Group X Studio II	Courtney
4:00 - 4:45 PM	Zumba/Turn Up (Alternates Weekly)	Group X Studio	Ally W
5:00 - 5:50	SWEAT Revolution	Group X Studio	Erinn
5:15 - 6:00	BootyWork Express	Group X Studio II	Tara
6:00 - 6:55	Barbell	Group X Studio	Ashley
6:00 - 7:00	Aqua Zumba	Pool	Nerian
7:00 - 7:45	Torch N Tone	Group X Studio	Lacey
Thursday			
6:00 - 7:00 AM	Cardio HIIT	Group X Studio	Robin
8:00 - 9:00	Cardio Kickboxing	Group X Studio	Robin
8:15 - 8:45	SpinSprint	Group X Studio II	Mardy
9:00 - 10:00	Barbell	Group X Studio	Mardy
4:15 - 5:00 PM	Zumba	Group X Studio	Ashley
5:15 - 6:15	The Mashup	Group X Studio	Tara
5:15 - 6:00	Spin Rhythms	Group X Studio II	Ally M
6:15 -7:00	Yoga Flow	Group X Studio II	Shari
6:30 - 7:00	Get In, Get Done, Get Out (Cardio and Core)	Group X Studio	Joel
Friday			
6:00 - 7:00 AM	Bootcamp	Turf Room	Robin
8:00 - 9:00	Power Hour	Group X Studio	Shari
9:00 - 10:00	Aqua Aerobics	Pool	Janet
9:00 - 10:00	HIIT Strength	Group X Studio	Mardy
10:00- 11:00	Aqua Arthritic	Pool	Janet
10:00 -11:00	Pilates	Group X Studio	Erika
12:00-12:45 PM	Zumba	Group X Studio	Taylor
3:45 -4:45	Spin and Strength	Group X Studio II	Angela
4:15 - 5:15	Cardio HIIT	Group X Studio	Robin
5:30 - 6:15	Torch N Tone	Group X Studio	Lacey
Saturday			
8:00 - 9:00 AM	Cardio Kickboxing	Group X Studio	Robin
9:30 - 10:30	The Mashup	Group X Studio	Erinn
10:00 - 11:00	Aqua Zumba	Pool	Nerian
11:00- 12:00 PM	Pilates	Group X Studio	Erika
Sunday			
9:00 -10:30 AM	Bounce, Burn. Butts and Guts	Group X Studio	Robin
11:30 - 12:15 PM	Turn Up Fitness	Group X Studio	Ally W
5:00 - 6:00	Yin Yoga	Group X Studio	Katelyn
6:00 - 7:00	Dynamic Yoga	Group X Studio	Katelyn