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WEEKDAY/TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7:15 – 8:00 am	 SILVER SNEAKERS (Jennifer May)		 SILVER SNEAKERS (Jennifer May)		 SILVER SNEAKERS (Jennifer May)
8:10 – 9:00 am	 AQUA AEROBICS (Brittany Fraser)	 AQUA AEROBICS (Brittany Fraser)	 AQUA AEROBICS (Brittany Fraser)	 AQUA AEROBICS (Brittany Fraser)	 AQUA AEROBICS (Brittany Fraser)
8:30 – 9:30 am	 Toning (in Aerobic Room) (Natalie Dickerson)	 RIPPED (in Aerobic Room) (Natalie Dickerson)	 Toning (in Aerobic Room) (Natalie Dickerson)	 STRONG by ZUMBA (in Aerobic Room) (Maegan Ramsey)	 Toning (in Aerobic Room) (Natalie Dickerson)
	 ZUMBA (in back classroom) (Tammy Jo Willmon)		 ZUMBA (in back classroom) (Tammy Jo Willmon)		 ZUMBA (in back classroom) (Tammy Jo Willmon)
9:00 – 10:00 am	 Circuit Training (in Women's only room) (Jennifer May)		 Circuit Training (in Women's only room) (Jennifer May)		 Circuit Training (in Women's only room) (Jennifer May)
9:30 – 10:30 am	 TBT Total Body Tabata (30 minutes) (Natalie Dickerson)	 ZUMBA gold (Hilda Sustaita)	 TBT Total Body Tabata (30 minutes) (Natalie Dickerson)	 ZUMBA gold (Hilda Sustaita)	 TBT Total Body Tabata (30 minutes) (Natalie Dickerson)
10:00 – 11:00 am					 YOGA (in back classroom) (April Stanbery)
10:15 – 11:00 am	 SILVER SNEAKERS (Jennifer May)		 SILVER SNEAKERS (Jennifer May)		 SILVER SNEAKERS (Jennifer May)
11:15 – 12:00 pm	 SILVER SNEAKERS (Jennifer May)	SENIOR  YOGA (Jennifer May)	 SILVER SNEAKERS (Jennifer May)	SENIOR  YOGA (Jennifer May)	 SILVER SNEAKERS (Jennifer May)
12:15 – 12:45 pm	 mashup (Jennifer May)		 mashup (Jennifer May)		 mashup (Jennifer May)
4:30 – 5:30 pm		 Cardio Blast (Jessica Chaney)		 Cardio Blast (Jessica Chaney)	
5:30 – 6:30 pm	 ZUMBA (Hilda Sustaita)		 ZUMBA (Hilda Sustaita)	 YOGA (in back classroom) (April Stanbery)	
				 STRONG by ZUMBA (in Aerobic Room) (Tammy Jo Willmon)	

Club Hours: M-F 5:00am-10:00pm
Sat 7:00am-9:00pm
Sun 1:00pm-8:00pm

Child Care Hours: M-F 8:30am-10:45am
M-TH 4:30pm-7:30pm

updated :12/4/2017