

	MON	TUES	WED	THUR	FRI
7:15 – 8:00 am	 SILVER SNEAKERS (Jennifer May)		 SILVER SNEAKERS (Jennifer May)		 SILVER SNEAKERS (Jennifer May)
8:30 – 9:20 am	 WATER AEROBICS (Brittany Fraser)	 WATER AEROBICS (Brittany Fraser)	 WATER AEROBICS (Brittany Fraser)	 WATER AEROBICS (Brittany Fraser)	 WATER 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) (Amy Jones)		 Circuit Training (in Women's only room) (Amy Jones)		 Circuit Training (in Women's only room) (Amy Jones)
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)	 Cardio WHAT? (Jennifer May)	 mashup (Jennifer May)	 Cardio WHAT? (Jennifer May)	 mashup (Jennifer May)
4:30 – 5:30 pm		 Cardio Artist (Jessica Chaney)		 Cardio Artist (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)	
6:30 – 7:30 pm		 Fit with Britt Boot Camp (Brittany Fraser)		 Fit with Britt Boot Camp (Brittany Fraser)	

Classes will be cancelled on all major holidays unless notified by instructor.

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