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5:30 – 6:30 am		LES MILLS BODYPUMP (Manda Rosser)		LES MILLS BODYPUMP (Manda Rosser)		
7:15 – 8:00 am	 SilverSneakers by Trivfy Health Circuit (Jennifer May)		 SilverSneakers by Trivfy Health Circuit (Jennifer May)		 SilverSneakers by Trivfy Health Circuit (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 THE ONE STOP BODY TONING (in Aerobic Room) (Natalie Dickerson)	 Toning (in Aerobic Room) (Natalie Dickerson)	 STRONG by ZUMBA  Circuit 360° (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)	 ZUMBA (Justin Walker)
10:00 – 11:00 am					 YOGA (in back classroom) (April Stanbery)	
10:15 – 11:00 am	 SilverSneakers by Trivfy Health Circuit (Amy Jones)		 SilverSneakers by Trivfy Health Circuit (Amy Jones)		 SilverSneakers by Trivfy Health Circuit (Amy Jones)	
10:30 – 11:15 am		TAI CHI (Carrie Wilkerson)		TAI CHI (Carrie Wilkerson)		
11:15 – 12:00 pm	 SilverSneakers by Trivfy Health Circuit (Jennifer May)	SENIOR  YOGA (Jennifer May)	 SilverSneakers by Trivfy Health Circuit (Jennifer May)	SENIOR  YOGA (Jennifer May)	 SilverSneakers by Trivfy Health Circuit (Jennifer May)	
12:15 – 1:00 pm		LES MILLS BODYPUMP (Maegan Ramsey)		LES MILLS BODYPUMP (Maegan Ramsey)		
1:15 – 2:00 pm	 SilverSneakers by Trivfy Health Classic (Jennifer May)		 SilverSneakers by Trivfy Health Classic (Jennifer May)		 SilverSneakers by Trivfy Health Classic (Jennifer May)	
5:30 – 6:30 pm	 ZUMBA (Hilda Sustaita) (in back classroom)	 U-JAM Fitness® (Vicki Widner)	 ZUMBA (Hilda Sustaita) (in back classroom)	 YOGA (in back classroom) (April Stanbery)		
	 LES MILLS BODYPUMP (Lauren Stacy)		 LES MILLS BODYPUMP (Lauren Stacy)	 U-JAM Fitness® (Vicki Widner)		
		LES MILLS BODYPUMP (Vicki Widner)		LES MILLS BODYPUMP (Vicki Widner)		

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

Club Hours: M-F 5:00am-10:00pm Child Care Hours: M-F 8:30am-10:45am
Sat 7:00am-9:00pm M-TH 4:30pm-7:30pm
Sun 1:00pm-8:00pm

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