

September Schedule

MONDAY				
STUDIO 1	STUDIO 2	STUDIO 3	CYCLE	AQUA
		5:30 - 6:30 BOXING BOOTCAMP ROBERT		
8:00 - 9:00 MORNING BLEND/ BODYFLOW TRACY/JEANETTE		8:00 - 9:00 CARDIO KICKBOXING MALCOLM		
9:00 - 10:00 BODY BLAST ELCIRA		9:00 - 10:00 BODYPUMP MARLA	9:15 - 10:15 CYCLE TODI G.	9:00 - 10:00** CALIENTE CARDIO BARBIE
10:00 - 10:45 StretchWell ANGELA	10:05 - 11:05 VINYASA YOGA JULIA	10:00 - 11:00 BODYCOMBAT MARLA		10:00 - 11:00 AQUA SCULPT PATRICIA/LORI
12:30-1:30 STRENGTH & BALANCE LORI		11:00 - 12:05 ZUMBA BARBARA		11:00-12:00 MIND BODY AQUA PATRICIA/LORI
		12:05 - 1:00 TAI CHI RUSSELL		11:00 - 12:00 ** MASTER SWIM pre-registration
		1:00-1:30 ADV. TAI CHI RUSSELL		
5:00-6:00 SWIM REGISTRATION	5:15-6:00 PILATES MAT LISA	4:30 - 5:30 BODY BLAST MARLA	4:00 - 5:00 CYCLE KAREN	
6:00 - 7:15 GENTLE YOGA LOUISE		6:15 - 6:45 POUND SIOBHAN		
	6:30 - 7:15 BODYFLOW JENNY	6:45 - 7:15 GRIT SERIES SIOBHAN	6:00 - 7:00 CYCLE THERESA	6:30-7:30 AQUA SCULPT VICKI
7:30-8:30 CARDIO DANCE RACHEL		7:15-8:15 BODYPUMP LISA/JENNY		7:00-8:00** Competitive stroke pre-registration

WEDNESDAY				
STUDIO 1	STUDIO 2	STUDIO 3	CYCLE	AQUA
		5:30 - 6:30 PSOX LISA		6:00-7:00** Master Swim*
8:00 - 9:00 STEP 'n SCULPT JEANETTE				
9:00-10:00 GENTLE PILATES TRACY	7:30 - 8:30 HATHA YOGA CHARLENA	9:00 - 10:00 ULTIMATE FITNESS 1 & 2 GIGI/ERIN C	9:00-10:00 CYCLE THERESA	9:15 - 10:15** AQUA BOOT CAMP DIANE
10:45 - 11:30 FUN ON THE BALL BARBIE	10:00-11:00 CARDIO DANCE SCULPT RACHEL	10:00-11:00 StretchWell BRIDGET		10:15 - 11:15 AQUA SCULPT DIANE
11:30-12:30 TONING at THE BARRE CHRISSEY		11:00-11:30 Zumba Step CHERYL		
12:30 - 1:30 CHAIR YOGA CHRISSEY	12:00-12:30 PM MS Trial Pre-Registration 12:30-1:30 pre-registration MS Trial	11:30-12:00 ZUMBA CHERYL		
5:30-6:30 LES MILLS BODYCOMBAT SHAWN	6:00 - 6:30 POUND SIOBHAN		4:00 - 4:45 BEGINNER CYCLE KAREN	6:00-7:00 AQUA SCULPT VICKI
6:30-7:30 TONING @ THE BARRE KRISTINE	6:30 - 7:15 BODYFLOW JENNY	5:30 - 6:30 BODYPUMP JENNY		6:00-7:00** Competitive Stroke
7:30 - 8:30 CARDIO DANCE SCULPT DANIELLE	7:30-8:30 VINYASA YOGA KRISTINE	6:30-7:30 STEP N' SCULPT MELISSA		7:00-8:30 Member Volleyball
		7:30-8:30 BODYPUMP JIM		7:30-8:30** Master Swim*

FRIDAY				
STUDIO 1	STUDIO 2	STUDIO 3	CYCLE	AQUA
		5:30 - 6:30 BOOT CAMP ROBERT		
8:15-9:00 CARDIO COMBO BARBIE				
9:05-10:20 GENTLE YOGA ANNIE	8:30-9:45 HATHA YOGA ESTE	8:00-9:00 CARDIO KICKBOXING MALCOLM	9:00-10:00 CYCLE KAREN W.	9:00 - 10:00** H2O BLAST LISA
10:30 - 11:30 PILATES MAT JEANETTE	10:20-11:35 VINYASA YOGA ANNIE	9:00-9:45 BODY BLAST LORI		10:00 - 11:00 AQUA SCULPT LORI
12:00-1:00 GENTLE BODY BLAST MARLA		9:45 - 10:30 FUN ON THE BALL BARBIE		11:00 - 11:45 MIND BODY LORI
		10:30 - 11:00 LaBlast BARBARA		
		11:00-11:30 ZUMBA TONING BARBARA		
		11:45 - 12:45 TAI CHI RUSSELL		
4:30-5:45 YOGALATES KRISTINE		12:45-1:15 ADV. TAI CHI RUSSELL		5:30 - 6:30 Rehab Therapy pre-registration
				6:00 - 8:00 ** Swim Team pre-registration
		6:00-7:00 ZUMBA/ HOUSE PARTY FITNESS KRISTINE/KELLY		

TUESDAY				
STUDIO 1	STUDIO 2	STUDIO 3	CYCLE	AQUA
		5:30 - 6:30 BODYPUMP LISA	5:30-6:30 CYCLE SHAUN	
8:00-9:00 PILATES at THE BARRE MADDY		8:00-9:00 BODY BLAST LORI	9:00-10:00 CYCLE KAREN	New Time!
9:00-10:00 STEP N' SCULPT MELISSA		9:00-10:00 BOXING BOOT CAMP KIM		9:00-10:00 AQUA SCULPT DIANE
	9:30-10:30 POWER YOGA ANNIE	10:00 - 10:30 ULTIMATE FITNESS KIM		10:00 - 11:00** COOL CARDIO COND. DIANE
10:35 - 11:50 GENTLE YOGA ANNIE	10:30 - 11:30 ZUMBA ELCIRA	10:30 - 11:00 ULTIMATE FITNESS 2 KIM		Parent 'n Me 10:00-10:30 PRE-REGISTRATION 11:00-11:45 ARTHRITIS AQUA WENDY
		11:15-12:15 ZUMBA TONING CHERYL		12:00 - 1:00 Rehab Therapy pre-registration
12:00 - 1:00 MS Trial Pre-Registration	12:30 - 1:30 GENTLE TAI CHI JONATHAN			
		5:00 - 5:30 TABATA EXP> MARLA		
5:00 - 6:15 BALLROOM DANCE MISSY	6:00 - 7:00 VINYASA YOGA LAUREN	5:30-6:00 ULT. UPPER BODY MARLA		6:00-7:00 AQUA SCULPT SHARI
		6:00 - 6:30 L.A.B. MARLA	6:30 - 7:30 CYCLE KAREN	6:30-7:15 pre-registration MS Trial
	7:30 - 8:30 PILATES MAT Julia C	6:30-7:30 ZUMBA DENISE		6:00 - 8:00 ** Swim Team pre-registration
7:30-8:30 STRONG Zumba™ SPIDER		7:30 - 8:30 BOXING BOOTCAMP KATHY		

THURSDAY				
STUDIO 1	STUDIO 2	STUDIO 3	CYCLE	AQUA
			5:30-6:30 CYCLE LISA	
8:00-8:45 PILATES at THE BARRE MADDY		8:00 - 9:00 ZUMBA MICHELLE		
9:00 - 10:00 LES MILLS BODYCOMBAT MARLA	9:00 - 10:00 PILATES MAT TRACY	9:00 - 9:25 BURN N' FIRM TORI	9:00 - 10:00 CYCLE LORI	9:00-10:00 AQUA SCULPT KAREN
10:00 - 10:30 ZUMBA KRISTINE		9:30 - 10:00 BURN N' FIRM TORI		10:00 - 11:00** H2O BLAST BARBIE
10:30 - 11:00 BELLY DANCING KRISTINE	10:30-11:30 VINYASA YOGA Lauren	10:00-11:00 BODYPUMP MARLA		
11:00 - 11:30 TONING at THE BARRE KRISTINE	11:45-12:45 GENTLE YOGA Lauren			
5:00-5:55 Personal Training Use		5:45 - 6:30 PSOX LISA		6:00-7:00 AQUA SCULPT WENDY
6:00 - 6:45 TONING at THE BARRE CHARLENA		6:30 - 7:30 BOXING ROBERT		
6:45-7:30 BOLLY DANIELLE /JENN	6:45 - 7:45 GENTLE YOGA CHARLENA			6:00 - 8:00 ** Swim Team pre-registration

SATURDAY				
STUDIO 1	STUDIO 2	STUDIO 3	CYCLE	AQUA
		7:05-8:00 BOXING BOOT CAMP KATHY/ROBERT		
8:05-9:00 STRONG Zumba™ SPIDER	8:00 - 9:00 DOUBLE STEP DEB B.	8:00 - 9:00 BODYPUMP MARLA	8:00 - 9:00 CYCLE ANDY	8:00-9:00 AQUA SCULPT WENDY K.
9:00-10:00 LES MILLS BODYCOMBAT MARLA	9:00-10:00 PILATES MAT MADDY	9:00-10:00 MANY SHADES OF DANCE BARBARA/DENISE	9:00-10:00 CYCLE LISA	9:00-10:00** AQUA BOOT CAMP SHARI
10:00 - 11:15 HATHA YOGA DONNA	10:00 - 10:30 POUND SIOBHAN	10:15 - 11:00 BODYPUMP LISA		9:30-10:00 Parent 'n Me pre-registration 3:00-5:00 Family Swim
		11:05-12:05 STEP N' SCULPT MELISSA		

SUNDAY				
STUDIO 1	STUDIO 2	STUDIO 3	CYCLE	AQUA
7:30-8:30 HATHA YOGA JULIA		7:30 - 8:00 GRIT SERIES LISA	8:00-9:00 CYCLE ANDY	8:00 - 10:00 ** Swim Team pre-registration
8:30 - 9:30 CARDIO DANCE DANIELLE	8:00 - 9:00 TONING at THE BARRE CHARLENA/KRISTINE	8:00 - 9:00 BODYPUMP LISA		9:00-10:00 AQUA SCULPT SHARI
9:30 - 10:30 ZUMBA CHERYL		9:00-10:00 LES MILLS BODYCOMBAT MARLA/SIOBHAN		10:05-11:00 ** H2O BLAST LISA
	9:30 - 10:30 RESTORATIVE YOGA CHRISSEY	10:00 - 11:00 BURN N' FIRM TORI		11:00 - 12:00 Competitive Stoke pre-registration
				3:00-5:00 Family Swim

** Lap Pool

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