Cleet 8:00-9:00 am X-Strength Pat 9:15-10:15 am Yoga [c] Sandi 9:15-10:15 am Step & Sculpt Cleet	TUESDAY 6:30-7:30 am Cardio Mash-up Cathy 8:00-9:00 am Ballet Barre [c] Cathy 8:00-9:00 am Fusion Pat 9:15-10:15 am Pilates [c] Cathy	WEDNESDAY 6:30-7:30 am Butts & Guts Cleet 8:00-9:00 am X-Strength Sindi 9:15-10:15 am Senior Fit Jane 10:30-11:30 am Tabata & More	THURSDAY AM           6:30-7:30 am           20/20/20           Pat           8:00-9:00 am           Yoga Flow           Sindi           8:00-9:00 am           Ballet Barre [c]           Cathy	FRIDAY 6:30-7:30 am Circuit Training Jane 8:00-9:00 am X-Strength Cleet 9:15-10:15 am Yoga [c]	SATURDAY 8:15-9:15 am Super Saturday!! Jane / Sindi / Cleet 9:30-10:30 am Spin Cycle Jane / Sindi 9:30-10:30 am	Facility Hours: Monday-Friday 5:00am-6:00pm Saturday 7:00am-4:00pm
20/20/20       0         Cleet       2         8:00-9:00 am       2         X-Strength       1         Pat       2         9:15-10:15 am       2         Yoga [c]       3         Sandi       2         9:15-10:15 am       2         Step & Sculpt       2         Cleet       2         10:30-11:30 am       3         Senior Fit       3	Cardio Mash-up Cathy 8:00-9:00 am Ballet Barre [c] Cathy 8:00-9:00 am Fusion Pat 9:15-10:15 am Pilates [c] Cathy	Butts & Guts Cleet 8:00-9:00 am X-Strength Sindi 9:15-10:15 am Senior Fit Jane 10:30-11:30 am	20/20/20 Pat 8:00-9:00 am Yoga Flow Sindi 8:00-9:00 am Ballet Barre [c] Cathy	Circuit Training Jane 8:00-9:00 am X-Strength Cleet 9:15-10:15 am	Super Saturday!! Jane / Sindi / Cleet 9:30-10:30 am Spin Cycle Jane / Sindi 9:30-10:30 am	Monday-Friday 5:00am-6:00pm Saturday
Cleet 8:00-9:00 am X-Strength Pat 9:15-10:15 am Yoga [c] Sandi 9:15-10:15 am Step & Sculpt Cleet 10:30-11:30 am Senior Fit	Cathy 8:00-9:00 am Ballet Barre [c] Cathy 8:00-9:00 am Fusion Pat 9:15-10:15 am Pilates [c] Cathy	Cleet 8:00-9:00 am X-Strength Sindi 9:15-10:15 am Senior Fit Jane 10:30-11:30 am	Pat 8:00-9:00 am Yoga Flow Sindi 8:00-9:00 am Ballet Barre [c] Cathy	Jane 8:00-9:00 am X-Strength Cleet 9:15-10:15 am	Jane / Sindi / Cleet 9:30-10:30 am Spin Cycle Jane / Sindi 9:30-10:30 am	5:00am-6:00pm Saturday
8:00-9:00 am X-Strength Pat 9:15-10:15 am Yoga [c] Sandi 9:15-10:15 am Step & Sculpt Cleet 10:30-11:30 am Senior Fit	8:00-9:00 am Ballet Barre [c] Cathy 8:00-9:00 am Fusion Pat 9:15-10:15 am Pilates [c] Cathy	8:00-9:00 am X-Strength Sindi 9:15-10:15 am Senior Fit Jane 10:30-11:30 am	8:00-9:00 am Yoga Flow Sindi 8:00-9:00 am Ballet Barre [c] Cathy	8:00-9:00 am X-Strength Cleet 9:15-10:15 am	9:30-10:30 am Spin Cycle Jane / Sindi 9:30-10:30 am	5:00am-6:00pm Saturday
X-Strength Pat 9:15-10:15 am Yoga [c] Sandi 9:15-10:15 am Step & Sculpt Cleet 10:30-11:30 am Senior Fit	Ballet Barre [c] Cathy 8:00-9:00 am Fusion Pat 9:15-10:15 am Pilates [c] Cathy	X-Strength Sindi 9:15-10:15 am Senior Fit Jane 10:30-11:30 am	Yoga Flow Sindi <b>8:00-9:00 am</b> Ballet Barre [c] Cathy	X-Strength Cleet 9:15-10:15 am	Spin Cycle Jane / Sindi 9:30-10:30 am	Saturday
Pat         9:15-10:15 am         Yoga [c]         Sandi         9:15-10:15 am         Step & Sculpt         Cleet         10:30-11:30 am         Senior Fit	Cathy 8:00-9:00 am Fusion Pat 9:15-10:15 am Pilates [c] Cathy	Sindi 9:15-10:15 am Senior Fit Jane 10:30-11:30 am	Sindi 8:00-9:00 am Ballet Barre [c] Cathy	Cleet 9:15-10:15 am	Jane / Sindi 9:30-10:30 am	
9:15-10:15 am         Yoga [c]         Sandi         9:15-10:15 am         Step & Sculpt         Cleet         10:30-11:30 am         Senior Fit	8:00-9:00 am Fusion Pat 9:15-10:15 am Pilates [c] Cathy	9:15-10:15 am Senior Fit Jane 10:30-11:30 am	8:00-9:00 am Ballet Barre [c] Cathy	9:15-10:15 am	9:30-10:30 am	7:00am-4:00pm
Yoga [c] Sandi 9:15-10:15 am Step & Sculpt Cleet 10:30-11:30 am Senior Fit	Fusion Pat <b>9:15-10:15 am</b> Pilates [c] Cathy	Senior Fit Jane <b>10:30-11:30 am</b>	Ballet Barre [c] Cathy			
Sandi           9:15-10:15 am           Step & Sculpt           Cleet           10:30-11:30 am           Senior Fit	Pat 9:15-10:15 am Pilates [c] Cathy	Jane 10:30-11:30 am	Cathy	Yoga [c]		1
9:15-10:15 am Step & Sculpt Cleet 10:30-11:30 am Senior Fit	9:15-10:15 am Pilates [c] Cathy	10:30-11:30 am	<i>,</i>		Zumba	
Step & Sculpt Cleet 10:30-11:30 am Senior Fit	Pilates [c] Cathy		1	Sandi	Michelle / Lauri	Notice: Pool area
Cleet <b>10:30-11:30 am</b> Senior Fit	Cathy	Tabata & More	9:15-10:15 am	9:15-10:15 am	10:45-11:45 am	closes 30 minute
<b>10:30-11:30 am</b> Senior Fit			Pilates [c]	Step & Sculpt	Line Dancing	prior to facility.
Senior Fit		Cleet	Cathy	Cleet	Lauri	
	9:15-10:15 am	1:15-2:15 pm	9:15-10:15 am	10:30-11:30 am		Notice: Class size
Pat	Spin Cycle	Senior Fit	Spin Cycle	Senior Fit		are limited. Pleas
1 41	Sindi	Jane	Sheri	Cleet		do not enter if
11:45-12:45 pm	9:30-10:30 am	2:30-3:30 pm	9:30-10:30 am	1:00-2:00 pm		"Class is Full"
Mobilinics	X-Strength	Yoga Stretch [c]	X-Strength	Chair Tai-Chi		sign has been
Glenn	Pat	Sandi	Jane	Drew (3/15/24)		posted.
1:30-2:30 pm 1	11:00-12:00 pm	3:45-4:45 pm	11:00-12:00 pm			
Senior Fit	Fit N Fabulous	Zumba	Fit N Fabulous			
Sindi	Sindi	Sly	Sindi			
3:00-4:00 pm	1:00-2:00 pm	5:00-6:00 pm	11:00-12:00 pm			[c] - Class is held i
Breath Yoga [c]	Chair Tai-Chi	Spin Cycle	Mobilinics [c]			the conference
Sindi [	Drew (3/12/24)	Jane	Glenn			room.
5:00-6:00 pm			12:15-1:15 pm			
Spin Cycle			Zumba			
Sindi			Michelle			
			2:00-3:15 pm			
			Restorative Yoga [c]			
			Sindi			
			5:00-6:00 pm			
			Circuit Training			
			Jane			
NOTE: Restorative	-		bers must sign up fo lling 931-707-8420 (			up on Monday
		CAN	ICELLED CLASS	SES:		
Mob	oilinics 3/4	& 3/7; Yoga	3/8 & 3/11; B	Barre 3/26; Li	ne Dancing 3	/2