

CSunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday					
			1	2	3	4					
			6:00 Bootcamp 45 (1) 8:30 Pure Muscle 45 (1) 9:00 Aqua BC (P) 9:00 Pilates (2) 9:20 Cardio Dance 45 (1) 10:10 Core 30 (1) 10:15 Aqua (P) 10:15 Yoga (2) 10:45 Go Low(1) 12:00 BodyPump 45 (1) 12:00 RPM (3) 1:30 Rock Steady (1) 5:30 BodyCombat (1) 6:00 Aqua (P) 6:00 Yoga (2) 6:30 BodyPump	Philip Betsy Jennifer Karen Jenna Shannon Donna Karen Stephanie Jordan Meg Stephanie Mikaela Sara Michael Katie	5:45 SPRINT (3) 8:00 Tone & Balance 45(2) 8:15 Track & Train 9:00 BodyBalance (2) 9:00 SPIN 45 (3) 9:15 BOSU + Recover(1) 10:15 QiGong (2) 10:30 BodyPump (1) 12:00 Big for Life (2) 1:30 Parkinson's Peddlers (3) 5:00 SPRINT(3) 5:45 BodyCombat(1) 6:45 Cardio Dance (1)	Sarah Pam Jenny Cassie Katie Eric Bill/Linda Ashley Margaret Stephanie Sara Shannon Jenna	6:00 BodyPump (1) 8:30 BodyCombat(1) 9:00 Aqua (P) 9:00 Barre (2) 9:30 BodyPump (1) 10:00 Jointercize (P) 10:15 Power Yoga (2) 10:45 Go Low (1) 12:00 Spin(3) 1:15 Rest. Yoga (2)	Lara Ashley Kristi Chelsea Sheila Kristi Jenna Monique Danielle Sheila	8:00 BodyStep (1) 9:00 Aqua BC (P) 9:00 BodyBalance(2) 9:05 BodyPump (1) 9:00 SPRINT (3) 10:15 BodyAttack(1) 10:00 Barre (2) 11:15 Yoga (2)	Jackie Katie Sheila Jackie Shannon Ashley Erika Karen	
5	6	7	8	9	10	11					
6:00 Bootcamp (1) 8:15 Track & Train 8:30 BodyCombat (1) 8:30 Spin 45 (3) 9:00 Aqua BC (P) 9:00 Barre (2) 9:30 CorePure Muscle(1) 10:15 Aqua (P) 10:15 Yoga (2) 10:45 GoLow (1) 12:00 Spin (3) 12:00 Big for Life (2) 1:30 Rock Steady Boxing (1) 5:00 Barre (2) 5:30 BodyAttack (1) 6:00 Aqua (P) 6:00 Yoga (2) 6:30 BodyPump(1)	Philip Jenny Ashley Monique Danielle Erika Eric Donna Karen Shannon Katie Margaret Stephanie Sara Shannon Kristi Sheila Courtney	5:45 SPRINT (3) 8:00 Tone & Balance 45 (2) 8:30 BodyAttack (1) 9:00 Aqua BC (P) 9:00 BodyBalance (2) 9:00 SPRINT (3) 10:15 Barre (2) 10:30 BodyPump (1) 4:30 BST/BP 75 (1) 6:00 BodyBalance (2) 6:45 Cardio Dance (1) 7:00 Rest. Yoga 45 (2)	Sarah Stephanie Eric Jennifer Karen Jordan Candace Ashley Jackie Kristi Jenna Karen	6:00 Bootcamp 45 (1) 8:30 Pure Muscle 45 (1) 9:00 Aqua BC (P) 9:00 Pilates (2) 9:20 Cardio Dance 45 (1) 10:10 Core 30 (1) 10:15 Aqua (P) 10:15 Yoga (2) 10:45 Go Low(1) 12:00 BodyPump 45 (1) 12:00 RPM (3) 1:30 Rock Steady (1) 5:30 BodyCombat (1) 6:00 Aqua (P) 6:00 Yoga (2) 6:30 Pure Muscle(1)	Philip Eric Pam Karen Jenna Stephanie Donna Karen Danielle Ashley Meg Chris O Ashley Sara Michael MJ	5:45 SPRINT (3) 8:00 Tone & Balance 45(2) 8:15 Track & Train 9:00 BodyBalance (2) 9:00 SPIN 45 (3) 9:15 Bootcamp + Recover(1) 10:15 QiGong (2) 10:30 BodyPump (1) 12:00 Big for Life (2) 1:30 Parkinson's Peddlers (3) 5:00 SPRINT (3) 5:45 BodyCombat(1) 6:45 Cardio Dance (1)	Lara Stephanie Jenny Chelsea Chris O Eric Bill/Linda Sheila Margaret Pam Jordan Ashley Jenna	6:00 BodyPump (1) 8:30 BodyCombat (1) 9:00 Aqua (P) 9:00 Barre (2) 9:30 BodyPump (1) 10:00 Jointercize (P) 10:15 Power Yoga (2) 10:45 Go Low (1) 12:00 RPM(3) 1:15 Rest. Yoga (2)	Lara Shannon Kristi Erika Jordan Kristi MJ Danielle Meg Jenna	8:00 BodyStep (1) 9:00 Aqua BC (P) 9:00 BodyBalance(2) 9:05 BodyPump (1) 9:00 SPRINT (3) 10:15 BodyAttack (1) 10:00 Barre (2) 11:15 Yoga (2)	Jackie Danielle Jackie Shannon Sara Ashley Chelsea Michael

Happy
Easter

Club
Closed

(1) = Studio #1 (2) = Studio #2 (3) = Studio #3 (P) = Pool

All classes are 50-55 minutes in length Unless otherwise noted with a number after (ie... BodyStep/BodyPump 90, class is 90 minutes in length)

BST/BP 90 = Combo BodyStep and BodyPump

Indoor Cycling... SPIN Classes will focus on Coach by Color and FTW (Functional Threshold Watt) training Spin-RPM—Les Mills Indoor Cycling Program
SPRINT—Les Mills 30 minute High Intensity Interval Training on the Indoor Cycle

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>12</p> <p>11:30 BST/BP 90 (1) 1:00 SPIN (3) 1:00 Yoga (2) 2:00 BodyPump (1)</p> <p>Jackie Katie Michael Ashley</p>	<p>13</p> <p>6:00 BodyPump (1) 8:15 Track & Train 8:30 BodyCombat (1) 8:30 Spin 45 (3) 9:00 Aqua BC (P) 9:00 Barre (2) 9:30 Core PureMuscle(1) 10:15 Aqua (P) 10:15 Yoga (2) 10:45 GoLow (1) 12:00 Spin (3) 12:00 Big for Life (2) 1:30 Rock Steady (1) 5:00 Barre (2) 5:30 BodyAttack (1) 6:00 Aqua (P) 6:00 Yoga (2) 6:30 Pure Muscle/Core</p> <p>Katie Jenny Shannon Jennifer Danielle Erika Eric Donna Jenna Jennifer Chris C Margaret Stephanie Candace Mikaela Kristi MJ Danielle</p>	<p>14</p> <p>5:45 SPRINT (3) 8:00 Tone & Balance 45 (2) 8:30 BodyAttack (1) 9:00 Aqua BC (P) 9:00 BodyBalance (2) 9:00 SPRINT (3) 10:15 Barre (2) 10:30 BodyPump (1) 4:30 BST/BP 75 (1) 6:00 BodyBalance (2) 6:45 Cardio Dance (1) 7:00 Rest. Yoga 45 (2)</p> <p>Lara Jenny Erid Stephanie Karen Shannon Chelsea Mikaela Jackie Kristi Jenna Karen</p>	<p>15</p> <p>6:00 Bootcamp 45 (1) 8:30 Pure Muscle 45 (1) 9:00 Aqua BC (P) 9:00 Pilates (2) 9:20 Cardio Dance 45 (1) 10:10 Core 30 (1) 10:15 Aqua (P) 10:15 Yoga (2) 10:45 Go Low(1) 12:00 BodyPump 45 (1) 12:00 RPM (3) 1:30 Rock Steady (1) 5:30 BodyCombat (1) 6:00 Aqua (P) 6:00 Yoga (2) 6:30 Pure Muscle (1)</p> <p>Philip Eric Katie Karen Jenna Danielle Donna Karen Stephanie Jordan Meg Stephanie Shannon Sara Michael MJ</p>	<p>16</p> <p>5:45 SPRINT (3) 8:00 Tone & Balance 45(2) 8:15 Track & Train 9:00 BodyBalance (2) 9:00 SPIN 45 (3) 9:15 BOSU+ Recover(1) 10:15 QiGong (2) 10:30 BodyPump (1) 12:00 Big for Life (2) 1:30 Parkinsons Peddlers (3) 5:00 SPRINT (3) 5:45 BodyCombat(1) 6:45 Cardio Dance (1)</p> <p>Sarah Pam Jenny Jenna Katie Eric Bill/Linda Shannon Margaret Stephanie Sara Virtual Jenna</p>	<p>17</p> <p>6:00 BodyPump (1) 8:30 BodyCombat (1) 9:00 Aqua (P) 9:00 Barre (2) 9:30 BodyPump (1) 10:00 Jointercize (P) 10:15 Power Yoga (2) 10:45 Go Low (1) 12:00 Spin(3) 1:15 Rest. Yoga (2)</p> <p>Lara Ashley Kristi Cassie Jordan Kristi Michael Shannon Danielle MJ</p>	<p>18</p> <p>8:00 BodyStep (1) 9:00 Aqua BC (P) 9:00 BodyBalance(2) 9:05 BodyPump (1) 9:00 SPRINT (3) 10:15 BodyAttack (1) 10:00 Barre (2) 11:15 Yoga (2)</p> <p>Jackie Stephanie Cassie Courtney Jordan Shannon Candace Michael MJ</p>
<p>19</p> <p>11:30 BST/BP 90 (1) 1:00 Spin (3) 1:00 Yoga (2) 2:00 BodyPump (1)</p> <p>Lara Katie Michael Ashley</p>	<p>20</p> <p>6:00 BodyPump (1) 8:15 Track & Train 8:30 BodyCombat (1) 8:30 SPIN 45 (3) 9:00 Aqua BC (P) 9:00 Barre (2) 9:30 Core/PureMuscl(1) 10:15 Aqua (P) 10:15 Yoga (2) 10:45 GoLow (1) 12:00 Spin (3) 12:00 Big for Life (2) 1:30 Rock Steady (1) 5:00 Barre (2) 5:30 BodyAttack (1) 6:00 Aqua (P) 6:00 Yoga (2) 6:30 BodyPump (1)</p> <p>Katie Jenny Shannon Monique Jennifer Erika Eric Donna Jenna Monique Chris C Margaret Stephanie Sara Ashley Kristi MJ Ashley</p>	<p>21</p> <p>5:45 SPRINT (3) 8:00 Tone & Balance 45 (2) 8:30 BodyAttack (1) 9:00 Aqua BC (P) 9:00 BodyBalance (2) 9:00 SPRINT (3) 10:15 Barre (2) 10:30 BodyPump (1) 4:30 BST/BP 75 (1) 6:00 BodyBalance (2) 6:45 Cardio Dance (1) 7:00 Rest. Yoga 45 (2)</p> <p>Sarah Stephanie Eric Katie Cassie Jordan Chelsea Shannon Alesia Kristi Jenna Karen</p>	<p>22</p> <p>6:00 Bootcamp 45 (1) 8:30 Pure Muscle 45 (1) 9:00 Aqua BC (P) 9:00 Pilates (2) 9:20 Cardio Dance 45 (1) 10:10 Core 30 (1) 10:15 Aqua (P) 10:15 Yoga (2) 10:45 Go Low(1) 12:00 BodyPump 45 (1) 12:00 RPM (3) 1:30 Rock Steady (1) 5:30 BodyCombat (1) 6:00 Aqua (P) 6:00 Yoga (2) 6:30 BodyPump (1)</p> <p>Philip Betsy Stephanie Karen Jenna Jenny Donna Karen Jennifer Katie Meg Chris O Ashley Sara Michael Jordan</p>	<p>23</p> <p>5:45 SPRINT (3) 8:00 Tone & Balance 45(2) 8:15 Track & Train 9:00 BodyBalance (2) 9:00 SPIN 45 (3) 9:15 Bootcamp+ Recover(1) 10:15 QiGong (2) 10:30 BodyPump (1) 12:00 Big for Life (2) 1:30 Parkinsons Peddlers (3) 5:00 SPRINT (3) 5:45 BootCamp (1) 6:45 Cardio Dance (1)</p> <p>Lara Pam Jenny Karen Chris O Betsy Bill/Linda Ashley Margaret Stephanie Jordan Sara Jenna</p>	<p>24</p> <p>6:00 BodyPump (1) 8:30 BodyCombat (1) 9:00 Aqua (P) 9:00 Barre (2) 9:30 BodyPump (1) 10:00 Jointercize (P) 10:15 Power Yoga (2) 10:45 Go Low (1) 12:00 RPM(3) 1:15 Rest. Yoga (2)</p> <p>Lara Ashley Kristi Jenny Virtual Kristi Jenna Katie Meg Jenna</p>	<p>25</p> <p>8:00 CardioSte0(1) 9:00 Aqua BC (P) 9:00 BodyBalance(2) 9:05 BodyPump (1) 9:00 SPRINT (3) 10:15 BodyAttack (1) 10:00 Barre (2) 11:15 Yoga (2)</p> <p>Monique Pam Sara Virtual Milaela Ashley Erika Karen</p>
<p>26</p> <p>11:30 BST/BP 90 (1) 1:00 Spin (3) 1:00 Yoga (2) 2:00 BodyPump (1)</p> <p>Lara Sara MJ Ashley</p>	<p>27</p> <p>6:00 Bootcamp (1) 8:15 Track & Train 8:30 BodyCombat (1) 8:30 Spin 45 (3) 9:00 Aqua BC (P) 9:00 Barre (2) 9:30 Core/PureMuscl(1) 10:15 Aqua (P) 10:15 Yoga (2) 10:45 GoLow (1) 12:00 Spin (3) 12:00 Big for Life (2) 1:30 Rock Steady (1) 5:00 Barre (2) 5:30 BodyAttack (1) 6:00 Aqua (P) 6:00 Yoga (2) 6:30 BodyPump (1)</p> <p>Philip Jenny Ashley Monique Jennifer Cassie Betsy Donna Sheila Monique Chris C Margaret Stephanie Candace Shannon Kristi MJ Mikaela</p>	<p>28</p> <p>5:45 SPRINT (3) 8:00 Tone & Balance 45 (2) 8:30 BodyAttack (1) 9:00 Aqua BC (P) 9:00 BodyBalance (2) 9:00 SPRINT (3) 10:15 Barre (2) 10:30 BodyPump (1) 4:30 BST/BP 75 (1) 6:00 BodyBalance (2) 6:45 Cardio Dance (1) 7:00 Rest. Yoga 45 (2)</p> <p>Lara Sheila Eric Stephanie Jenna Jordan Jenny Ashley Alesia Kristi Jenna Karen</p>	<p>29</p> <p>6:00 Bootcamp 45 (1) 8:30 Pure Muscle 45 (1) 9:00 Aqua BC (P) 9:00 Pilates (2) 9:20 Cardio Dance 45 (1) 10:10 Core 30 (1) 10:15 Aqua (P) 10:15 Yoga (2) 10:45 Go Low(1) 12:00 BodyPump 45 (1) 12:00 RPM (3) 1:30 Rock Steady (1) 5:30 BodyCombat (1) 6:00 Aqua (P) 6:00 Yoga (2) 6:30 BodyPump (1)</p> <p>Philip Eric Pam Karen Jenna Danielle Donna Karen Stephanie Jordan Meg Stephanie Shannon Sara Michael Sheila</p>	<p>30</p> <p>5:45 SPRINT (3) 8:00 Tone & Balance 45(2) 8:15 Track & Train 9:00 BodyBalance (2) 9:00 SPIN 45 (3) 9:15 BOSU+ Recover(1) 10:15 QiGong (2) 10:30 BodyPump (1) 12:00 Big for Life (2) 1:30 Parkinsons Peddlers (3) 5:00 SPRINT (3) 5:45 BodyCombat(1) 6:45 Cardio Dance (1)</p> <p>Sarah Stephanie Jenny Sheila Monique Eric Bill/Linda Shannon Margaret Pam Sara Virtual Jenna</p>		