

September 2019 Fitness Classes & Programs

CYCLING

MON	TUES	WED	THURS	FRI	SAT	SUN
4:30 PM CYCLE FUNK <i>With Jenny</i>	6:00AM CRANK <i>With Theresa</i>	9:15AM CYCLONE <i>With Monica</i>	6:00AM CRANK <i>With Theresa</i>	9:15AM CYCLONE <i>With Monica</i>	8:15AM CRANK <i>With Theresa</i>	8:00AM CYCLONE <i>With Jose</i>
		4:30PM CYCLE FUNK <i>With Jenny</i>				

MIND & BODY

MON	TUES	WED	THURS	FRI	SAT	SUN
	7:00AM SUNRISE YOGA <i>With Patti</i>		7:00AM SUNRISE YOGA <i>With Patti</i>			9:00AM YOGA <i>With Carin</i>
	8:00AM GENTLE YOGA <i>With Jane</i>		8:00AM GENTLE YOGA <i>With Jane</i>			
	8:10AM MAT PILATES <i>With Jenny</i>		8:10AM MAT PILATES <i>With Jenny</i>			
			5:30PM YOGA <i>With Carin</i>			

DANCE, CARDIO & STRENGTH

MON	TUES	WED	THURS	FRI	SAT	SUN		
6:45AM CARDIO PUMP <i>With Theresa</i>		6:45AM CARDIO PUMP <i>With Theresa</i>		6:45AM CARDIO PUMP <i>With Theresa</i>				
8:10AM CORE, BALANCE & MORE <i>With Monica</i>		8:10AM HIIT <i>With Wendy</i>		8:10AM CORE, BALANCE & MORE <i>With Monica</i>			8:10AM CARDIO FUNK <i>With Jenny</i>	
9:15AM BODY 360 <i>With Jenny</i>		9:15AM CARDIO FUNK <i>With Jenny</i>		9:30AM AQUAFIT			9:15AM CARDIO FUNK <i>With Jenny</i>	9:15AM TOTAL BODY <i>With Theresa</i>
9:30AM AQUAFIT		9:30AM TRX <i>With Barbara</i>					9:30AM TRX <i>With Barbara</i>	9:30AM AQUAFIT
5:30PM HIIT <i>With Wendy</i>		5:30PM BODY 360 <i>With Dominic</i>		5:30PM HIIT <i>With Wendy</i>			5:30PM FIT EXPRESS <i>With Theresa</i>	