

NOON/AFTERNOON CLASSES (12:00-4:00PM)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
12:10-12:50pm BODY COMBAT Sarah (S2)	12:15-12:45pm GRIT Sarah/Erin (S1)	12:10-12:50pm BODY COMBAT Sarah (S2)		12:10-12:50pm BODY COMBAT Sarah (S2)		12:15-1:15pm BODY PUMP Judy (S1)
12:15-12:45pm SPRINT Brooke		12:15-12:45pm SPRINT Estelle	12:15-12:45pm SPRINT Sarah	12:15-12:45pm SPRINT Estelle		1:15-2:00pm Zumba Varies (S2)
				12:10-12:50pm Hatha Yoga Janene		

EVENING CLASSES (4:00-9:00PM)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	4:15-5:00pm Zumba Kristin T. (S2)		4:15-5:00pm Zumba Merry (S2)	4:15-5:00pm Zumba Merry/Kristin (S2)		
4:15-5:15pm BODY PUMP Estelle (S1)		4:15-5:15pm BODY PUMP Estelle (S1)				
	4:15-4:45pm SPRINT Brooke					
	4:45-5:30pm Wild Water Workout Mary/Jane		4:45-5:30pm Wild Water Workout Mary/Jane			
5:15-6:15pm Power Yoga Janene	5:15-6:15pm Hatha Yoga Donna	5:15-6:15pm Power Yoga Janene/Donna	5:15-6:15pm Hatha Yoga Janene/Karen/Donna			
5:30-6:15pm Zumba Gold Carol (S2)	5:15-6:00pm Zumba Kristin T. (S2)		5:15-6:00pm Zumba Adele (S2)			
	5:30-6:30pm BODY PUMP Judy (S1)					
5:30-6:00pm SPRINT Estelle		5:30-6:00pm SPRINT Judy				
6:30-7:15pm Zumba Adele (S2)						

WANT THE SCHEDULE
ON YOUR SMARTPHONE?

scan here.



CLASS KEY:

All locations are listed behind the class. S1 = Studio 1, S2 = Studio 2.

- Cycling Classes (Cycling Studio)**
- Yoga Classes (Meditative Studio)**
- Aquatic Classes (Aquatic Center)**
- LesMills BODY PUMP (S1 or S2)**
- Zumba Classes (S1 or S2)**
- LesMills BODY COMBAT (S1 or S2)**
- LesMills GRIT (S1 or S2)**
- LesMills SPRINT (Cycling Studio)**
- Other Group Fitness Classes (S1, S2, TRX Studio)**

- All participants must be at least 13 years old to participate in any land or water fitness classes or have the approval of the instructor.
- Please carry your workout shoes into the building to help us keep the floors clean and damage-free.

*CLASSES ARE SUBJECT TO CHANGE WITHOUT PRIOR NOTICE

REVISED 10/5/2020