



<u>Sunday</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
	Commuter Yoga 7:00am - 8:30 Janice Room 54		Commuter Yoga 7:00am - 8:30 Janice Room 54		Commuter Yoga 7:00am - 8:30 Janice Room 54
Spincycle - \$ 8:30am - 9:30 Jodi Bike Studio	Spincycle - \$ 7:00am - 8:00 Desi Bike Studio		Spincycle - \$ 7:00am - 8:00 Desi Bike Studio	Pilates 9:00am - 10:00 Michele Room 3	Spincycle - \$ 7:00am - 8:00 Desi Bike Studio
Spincycle - \$ 9:30am - 10:30 Jodi Bike Studio	H.I.I.T. 8:00am - 9:00 Desi Gym 1	Pilates 9:00am - 10:00 Michele Room 3	H.I.I.T. 8:00am - 9:00 Desi Gym 1	Yoga 10:15am - 11:45 Elaine Room 54	
Zumba 9:30am - 10:25 Laura Room 3	Zumba 9:00am - 9:55 Adrianna Room 3	Yoga 10:15am - 11:45 Elaine Room 54	Zumba 9:00am - 10:00 Adrianna Room 3	Sr. Shape Up 11:00am - 12:00 Laura Room 3	Raising the Barre 10:15am - 11:10 Laura Room 3
Pound 10:30am - 11:15 Julie Room 3	Raising the Barre 10:00am - 10:55 Laura Room 3	Y-ercise 11:15am - 12:15 Laura Room 3	Tai Chi 10:15am - 11:15 Regina Room 4	Arthritis Exercise 11:00am - 12:00 Barbara Room 24	Zumba 11:15am - 12:10 Laura Room 3
Yoga 11:45am - 1:15 Diana Room 54	Sr. Shape Up 11:00am - 11:55 Ann Room 3	Yoga 2 12:15pm - 1:45 Elaine Room 54	Sr. Shape Up 11:00am - 12:00 Laura Room 3	Yoga 2 12:15pm - 1:45 Elaine Room 54	
All Adult Classes Free For Members Unless Noted by "\$".				Line & Country 1:00pm - 2:00 Norma Room 3	
	Y-ercise 6:00pm - 6:55 Laura Room 3	Body Blast 5:00pm - 5:55 Stefani Room 3	Y-ercise 6:00pm - 6:55 Laura Room 3	Body Blast 5:00pm - 5:55 RJ Room 3	
	Tap Dance 7:00pm - 7:55 Laura Room 3	Raising the Barre 6:00pm - 6:55 Laura Room 3		Raising the Barre 6:00pm - 6:55 Laura Room 3	
	Hatha Yoga 7:00pm - 8:30 Diana Room 54	Zumba 7:00pm - 7:55 Laura Room 3	Hatha Yoga 7:00pm - 8:30 Diana Room 54	Zumba 7:00pm - 7:55 Laura Room 3	
	Spincycle - \$ 7:30pm - 8:30 Jodi Bike Studio		Beginners Ballroom 7:00pm - 8:00 Norma Room 3		
	Dance - \$ 8:15pm - 9:30 Norma Room 3		Ballroom Latin - \$ 8:15pm - 9:15 Norma Room 3	TRX - \$ 8:00pm - 9:00 RJ Room 3	