














Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:45 AM		Cycle Stephanie	Cycle Kim	 Pam	Cycle Mary		
6:00 AM	 Chuck						
8:00 AM						Cycle Jim	Cycle Fusion 45 min. Raeann 8:15 am
9:10 AM						 Danielle	
9:30 AM	RPM Virtual	 Kellie	 Bob	 Sprint at 9:30   10 am BodyFlow or CX BF Dec. 6, 20 CX Dec. 13, 27 Olga	BodyFlow Virtual		 Pam
10:30 AM						BodyCombat Virtual	
12:10 PM	BodyCombat Virtual	BodyPump Virtual	BodyFlow Virtual	BodyPump Virtual			
4:00 PM		RPM Virtual					
4:30 PM	 Elena				 Elena		
5:00 PM		Cycle Damien				Our newest class additions are shaded in gray!	
5:30 PM	Cycle Fusion 45 min. Pam		 Pam	 Nicole/Kellie			
6:25 PM			CXWORX Virtual	GRIT Virtual			
6:35 PM	CXWORX Virtual						






Check out our newest offering! Les Mills Virtual!

Take a scheduled class or feel free to pick a class from the virtual portal during open studio time.

Formats offered are:



Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:25 AM	<b>LES MILLS GRIT STRENGTH</b> All S./Kellie (A)		<b>LES MILLS GRIT PLYO</b> Kellie (A)				
5:30 AM		<b>LES MILLS BODYPUMP</b> Kellie (A)		<b>LES MILLS BODYPUMP</b> 45 min Express All S. (A)			
6:00 AM	<b>LES MILLS BODYFLOW</b> 30 min Express Kellie/All (A)		<b>LES MILLS CXWORX</b> Kellie (A)		<b>LES MILLS BODYATTACK</b> 30 min Express Brianna (A)		
7:10 AM		<b>LES MILLS BODYATTACK</b> 45 min. Steph (A) 7:00 AM				<b>LES MILLS BODYPUMP</b> Kristen (A)	
8:10 AM	Fit Fusion Denise (A)	Pure Strength Becky (A)	Fit Fusion Denise (A)	Pure Strength Becky (A)	Fit Fusion Denise (A)	<b>LES MILLS BODYJAM</b> Allie (A) 8:15	<b>LES MILLS BODYPUMP</b> Chuck (A)
8:30 AM						<b>LES MILLS GRIT CARDIO</b> All S. (G)	
9:15 AM	<b>LES MILLS BODYPUMP</b> Olga (A)	Body Works Plus Peggy (A)	<b>LES MILLS BODYPUMP</b> Emily (A)	Body Works Plus Peggy (A)	<b>LES MILLS BODYPUMP</b> Jenna (A)	<b>LES MILLS BODYPUMP</b> All S. (A)	<b>LES MILLS BODYATTACK</b> Kellie (A)
10:20 AM	<b>LES MILLS CXWORX</b> Olga (P)		<b>LES MILLS BODYFLOW</b> Kellie (P) Express 30 min.		<b>LES MILLS CXWORX</b> Kellie (P)	BARRE Allie (A)	
10:30 AM	Gentle Fitness Karen (A)	Gentle Fitness Diana (A)	Gentle Fitness Becky (A)	BARRE Kellie (A)	Gentle Fitness Jenna (A)		
11:30 AM	BARRE Becky (A)	<b>LES MILLS BODYJAM</b> Jan (A)					
12:45 PM		BARRE 40 min Michelee (A)		Dynamic Mobility 30 min. 1:00pm (A)			Dynamic Mobility 30 min. 1:00pm (A)
3:30 PM	<b>LES MILLS BODYPUMP</b> Raeann (A)		<b>LES MILLS BODYPUMP</b> Elena (A)				
4:00 PM		<b>LES MILLS BODYPUMP</b> <b>LES MILLS CXWORX</b> Raeann (A) 30/30 combo		<b>LES MILLS BODYJAM</b> Julie (A)			
4:30 PM	<b>LES MILLS CXWORX</b> Raeann (P) 4:35		BARRE Elena (A)		<b>LES MILLS BODYCOMBAT</b> All S. (A)		
4:55 PM 5:00 PM 5:25 PM	GRIT PLYO OR GRIT CARDIO 4:55 Kellie/All S. (A)	<b>LES MILLS GRIT STRENGTH</b> 5:25 All S. (A)		<b>LES MILLS BODYFLOW</b> 45 min Express 5:00 Elena (A)			
5:30 PM	<b>LES MILLS BODYPUMP</b> Elena (A)		<b>LES MILLS BODYPUMP</b> 45 min Express Kellie (A)		<b>LES MILLS BODYPUMP</b> <b>LES MILLS CXWORX</b> Chuck (A) 30/30 combo		
6:00 PM		<b>LES MILLS BODYCOMBAT</b> Nicole (A)		<b>LES MILLS BODYATTACK</b> 45 min Express Brianna (A)	*NEWEST CLASSES ARE SHADED IN GRAY. PLEASE BE SURE TO SUPPORT OUR NEW ADDITIONS!  (A)-Aerobics Studio (P)-Pilates Studio (G)-Gymnasium		
7:00 PM		<b>LES MILLS BODYPUMP</b> Mary (A)	<b>LES MILLS BODYPUMP</b> Raeann (A)				

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:45 AM				BARRE Amy (P)			
6:30 AM					Multi-Level yoga Diana (Y)		
7:00AM		Multi-Level Yoga Karia (Y)					
7:25AM						Pilates Paula (P)	
9:00AM						Active Yoga Karen (Y)	
9:15 AM	Multi-Level Yoga Karen (Y)	Pilates Michelee (P) Multi-Level Yoga Diana (Y)		Yin Yoga Renee (Y)			Multi-Level Yoga Varies (Y)
9:30 AM			Multi-Level Yoga Terry (Y)		Multi-Level Yoga Noreen (Y)		
10:20AM	 Olga (P)		 Kellie (P) Express 30 min.		 Kellie (P)		QiGong Eileen 10:00 am (P)
10:30 AM				Pilates Michelee (P)		Chair Yoga Karen (Y)	
11:30 AM		Chair Yoga Diana (Y)					
12:10 PM			Multi-Level Yoga Karen (Y)				
1:30 PM	Gentle Yoga Karen (Y)	Gentle Yoga Michelee (Y)		Gentle Yoga Terry (Y)	Gentle Yoga Noreen (Y)		
4:35 PM	 Raeann (P)						
5:00 PM				Multi-Level Yoga Pat (Y)			
5:30 PM	 Kellie/All S. (P)	Mat Pilates Michelee (P)	Yin & Gentle Flow Yoga 90 minute combo class Renee (Y)	Pilates Paula (P)			
5:45 PM	Active Yoga Karen (Y)				Gentle Yoga Tia (Y)		
6:30 PM				Multi Level Terry(Y)	*New classes are shaded in gray! Be sure to support them!  (Y) Yoga Studio (P) Pilates Studio		
7:00PM	Multi-Level Yoga Terry (Y)	QiGong Eileen (P)					

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00 AM	Hydro-Power Exercise Pool Tammy		Mix It Up Exercise Pool Tammy		Hydro-Power Exercise Pool Tammy	
9:00 AM	*Physical Therapy	*Physical Therapy	*Physical Therapy	*Physical Therapy	*Physical Therapy	Water in Motion (O) Exercise Pool Jen
9:30-10:15	Deep End closed for therapy	Deep End closed for therapy	Deep End closed for therapy	Deep End closed for therapy	Deep End closed for therapy	
9:30 AM	Aqua Mix Exercise Pool Elaine	Tabata Exercise Pool Becky	Hydro-Power Exercise Pool Elaine	Hydro-Combo Exercise Pool Becky		
10:15 AM 10:30 AM		Joyful Joints Therapy Pool Marie 10:30	Aqua Yoga Therapy Pool Karen 10:15	Joyful Joints Therapy Pool Marie 10:30		
11:30 AM	Easy Moves Therapy Pool Marie	Easy Moves Therapy Pool Marie	Easy Moves Therapy Pool Marie	Easy Moves Therapy Pool Marie	Easy Moves Therapy Pool Marie	
1-2:00 PM	Independent Volleyball Therapy Pool		Independent Volleyball Therapy Pool		Independent Volleyball Therapy Pool	
2-3:00 PM	*Physical Therapy	*Physical Therapy		*Physical Therapy		
3-3:30 PM	Deep End Closed for Therapy	Deep End Closed for Therapy		Deep End Closed for Therapy		
5:00 PM	Easy Moves Therapy Pool Marie	*Physical Therapy	Easy Moves Therapy Pool Marie	*Physical Therapy	Easy Moves Therapy Pool Marie	
5:30 PM	Tabata Exercise Pool Laura F.	Aqua Zumba Exercise Pool Taylor	Hydro-Power Exercise Pool Jeanine	Hydro-Power Exercise Pool Marie		
6:30 PM				Aqua Zumba Exercise Pool Taylor		

**Aqua Mix:** The perfect mix of strength and cardio. This class will get your heartrate up as well as tone and shape your whole body!

**Aqua Zumba:** Come join the dance party in the pool. No need to worry if you can't dance no one will be watching you.

**Aqua Yoga:** (all levels) Basic yoga poses are adapted for the therapy pool. The main focus is on dynamic strengthening, stretching, balance, and relaxation. Body awareness and mental focus are enhanced through the union of mind, body and breath.

**Easy Moves:** (all levels) This warm water class is designed for individuals with mobility challenges such as arthritis, surgery, or joint injuries. It consists of exercises emphasizing range of motion, balance and mild strengthening.

**Hydro -Power and -Combo:** (Intermediate to Advanced) Mid to high intensity aerobics is the main focus in these classes. They are designed to help reduce body fat, strengthen muscles and increase muscle tone, and give you an overall exhilarating exercise experience. You can slowly work you up to an increase in balance, range of motion and muscle conditioning. 45 minutes for the Combo class and 60 Minutes for the Power Class.

**Independent Volleyball:** This is a member organized and maintained class. Join in at your leisure!

**Joyful Joints:** This class really helps those with arthritis and mobility issues. You will also be working on improving your balance.

**Tabata:** Get your heartrate using timed intervals. Burn lots of calories and fat in a short period of time!

**Water in Motion:** Jump in and make a splash all while you tone and shape your entire body! Enjoy this low impact, high energy water workout that uses great music to keep you movin' and groovin'! Original (O) is 55 minutes and is for those wanting more of a cardio kick