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| Monday | Tuesday | Wednesday | Thursday | Friday |
| Boot Camp - Gyms A & B  6:00 - 6:45 AM – Josh & Vanessa  Senior Strength and Stretch – Fitness Center  8:15 – 9:15 AM – Sarah  Cardio Dancing – Small Gym  8:30 – 9:30 AM – Ellen/Robin  Class on 9/11 only  Active Adult Total Fitness – Gym A  8:45 – 9:45 AM – Sue  Core Conditioning – Small Gym  9:45 – 10:30 AM – Ellen/Kristi  Cycle-Strength Fusion – Cycling Room & Gym B  9:30-10:30 AM - Lelia  Tai Chi – Teen Center  10:30 – 11:30 AM - Evan  Gentle Yoga – Small Gym  11:00AM – 12:00PM – Vanessa  Indoor Cycling – Cycling Room  12:10-12:50 PM - Josh  Pickleball – Gyms A & B  1:00 – 3:00 PM  Indoor Cycling – Cycling Room  6:00-7:15 PM - Vanessa  PiYo – Small Gym  6:00 – 7:00 PM – Kristi  Zumba – Gym A  6:00 – 7:00 PM – Joann  Adult Pick-Up Basketball  8:00 – 10:00 PM – Gym B | Indoor Cycling – Cycling Room  6:00 – 6:45 AM – Danielle/Ann  Adult Pick Up Basketball 6:30 – 8:00 AM  Gyms A&B  Adult Swim – Rec. Pool  6:00 – 7:00 AM – Josh & Jen  Pickleball – Gyms A & B  8:00 – 9:30 AM  Gym & Swim  9:00-10:00 AM (9:00 to 9:30 in the small gym, 9:30 to 10 in the Therapy Pool) - Christina  cardioBARRE – Small Gym  9:30 – 10:30 AM – Vanessa  Cycle-Strength Fusion – Cycling Room & Gym B  9:30 – 10:30 AM - Josh  Zumba Gold – Gym A  10:00 – 11:00 AM – Joann  Iyengar Yoga – Small Gym  11:00 AM – 12:00 PM – Peg  Pickleball – Gym B  12:00 – 1:30 PM  Boot Camp - Gym A  12:05 – 12:50 PM – Josh  Total Body HIIT – NEW CLASS – Gym A  6:00-7:00 PM - Lauren  Yoga – Small Gym  5:45 – 6:45 PM – Kerri  Indoor Cycling – Cycling Room  6:30 – 6:45 PM – Tanya  Adult Pick-Up Volleyball  7:30 – 10:00 PM Gym A | Boot Camp - Gyms A & B  6:00 - 6:45 AM – Josh & Vanessa  Senior Strength and Stretch – Fitness Center  8:15 – 9:15 AM – Sarah  Cardio Dancing – Small Gym  8:30 – 9:30 AM – Ellen/Robin  Class on 9/6, 9/13 only  Active Adult Total Fitness – Gym A  8:45 – 9:45 AM - Sue  Running Club-Lobby  9:30-10:30 AM - Josh  Core Conditioning – Small Gym  9:45 – 10:30 AM - Kristi  Zumba – Gym A  10:00 -11:00 AM – Rebecca  Gentle Spin – Cycling Room  10:00-10:45 AM - Amy  Gentle Yoga – Small Gym  11:00AM – 12:00PM – Lori  Pickleball – Gym B  11:00 AM – 1:00 PM  Indoor Cycling – Cycling Room  12:10-12:50 PM - Josh  Zumba – Gym A  6:00 – 7:00 PM – Joann  Youth Tang Soo Do Karate – Small Gym  6:30 – 8:00 PM – Terry  Tang Soo Do Karate – Small Gym  8:00-9:15 PM - Terry  Adult Pick-Up Basketball  8:00 – 10:00 PM – Gym B | Indoor Cycling – Cycling Room  6:00 – 6:45 AM –Carolee  Adult Pick Up Basketball 6:30 – 8:00 AM  Gyms A&B  Adult Swim – Rec. Pool  6:00 – 7:00 AM – Josh & Jen  Pickleball – Gyms A & B  8:00 – 9:30 AM  Iyengar Yoga – Small Gym  9:30 – 10:30 AM – Brucie/Kate  Cycle-Strength or Pilates Fusion – Cycling Room & Gym B  9:30-10:30 AM – Lelia/Amy  Zumba Gold – Gym A  10:00 – 11:00 AM – Joann  Play Pals – Small Gym  10:45 – 11:45 AM  Boot Camp - Gym A  12:05 – 12:50 PM – Josh  Zumba Strong – NEW CLASS!!!  6:00 – 7:00 PM Shianne    Indoor Cycling – Cycling Room  6:30 – 7:15 PM – Tanya  Youth Tang Soo Do Karate – Small Gym  6:30 – 8:00 PM – Brian  Open Rock Climbing – Small Gym  8:00 – 10:00 PM  Adult Pick-Up Volleyball 7:30 – 10:00 PM Gym A | Boot Camp - Gyms A & B  6:00 - 6:45 AM – Josh & Vanessa  Cardio Dancing – Small Gym  8:30 – 9:30 AM – Ellen/Robin  Class on 9/15 only  Active Adult Total Fitness – Gym A  8:45 – 9:45 AM – Sue  Core Conditioning – Small Gym  9:45 – 10:30 AM – Kristi  Gentle Yoga – Small Gym  11:00AM – 12:00PM – Vanessa  Indoor Cycling – Cycling Room  12:10-12:50 PM - Josh  Pickleball – Gyms A & B  1:00 – 3:00 PM  Ladies on the Rocks 5:30 – 7:00 PM (Sept 15 – Nov 17)  Open Rock Climbing – Small Gym  7:00 – 10:00 PM |
| Saturday |
| Zumba – Gym A  9:30 – 10:30 AM – Melissa  Indoor Cycling – Cycling Room  9:00 – 9:45 AM – Instructor Varies |
| Sunday |
| Youth Rock Climbing – Small Gym  TBD  Open Rock Climbing – Small Gym  Start Date - TBD |

**Green indicates Senior Classes (registration required, available online) Blue indicates Youth and Family Classes (registration required, available online)**

**Red indicates Cycling Classes (included in $20 Monthly Unlimited Package) See reverse side for class descriptions and session dates.**

**MOST other classes are included in the $20 Monthly Unlimited Package. See front desk to sign up.**

**\*Schedule is subject to change\***