

# FITNESS CLASS SCHEDULE

## monday

6:30 A.M.	SPIN & CORE	SPIN ROOM
6:30 A.M.	HIIT	STUDIO
8 A.M.	POWER KICKBOXING	STUDIO
8 A.M.	OUTDOOR TRX CIRCUIT	CLUB PATIO
9 A.M.	SPIN	SPIN ROOM
9 A.M.	BODY SCULPT	STUDIO
10 A.M.	GENTLE YOGA	STUDIO
11 A.M.	MAT PILATES	STUDIO
11:15 A.M.	AQUATONE	GARDEN POOL
4 P.M.	30 MIN DEEP STRETCH	STUDIO
4:30 P.M.	CORE & MOBILITY	STUDIO
5:30 P.M.	YOGA, ALL LEVELS	STUDIO

## tuesday

6:30 A.M.	SPIN & CORE	SPIN ROOM
8 A.M.	BARRE PILATES	STUDIO
9 A.M.	SPIN & CORE	SPIN ROOM
9 A.M.	SUPER CIRCUIT	STUDIO
10:30 A.M.	ZUMBA	STUDIO
11:15 A.M.	AQUATONE	GARDEN POOL
11:30 A.M.	STRETCH & TONE	STUDIO
4:30 P.M.	YOGA SCULPT	STUDIO
5:30 P.M.	CANDLELIGHT YOGA	STUDIO

## wednesday

6:30 A.M.	SPIN & CORE	SPIN ROOM
6:30 A.M.	BOOT CAMP	STUDIO
8 A.M.	OUTDOOR BOXING	CLUB PATIO
8 A.M.	CIRCUIT	STUDIO
9 A.M.	SPIN	SPIN ROOM
9 A.M.	BODY SCULPT	STUDIO
9 A.M.	YOGA CORE	CLUB DESK
10 A.M.	GENTLE YOGA	STUDIO
11 A.M.	ATHLETIC PILATES	STUDIO
11:15 A.M.	AQUATONE	GARDEN POOL
4 P.M.	30 MIN DEEP STRETCH	STUDIO
4:30 P.M.	CORE & BALANCE	STUDIO
5:30 P.M.	CANDLELIGHT YOGA	STUDIO

## thursday

6:30 A.M.	SPIN & CORE	SPIN ROOM
8 A.M.	BARRE PILATES	STUDIO
9 A.M.	SPIN CIRCUIT	SPIN ROOM
9 A.M.	TABATA	STUDIO
10:30 A.M.	ZUMBA	STUDIO
11:15 A.M.	AQUATONE	GARDEN POOL
11:30 A.M.	STRETCH & MOBILITY	STUDIO
4:30 PM	YOGA SCULPT	STUDIO
5:30 P.M.	CANDLELIGHT YOGA	STUDIO

## friday

6:30 A.M.	SPIN & CORE	SPIN ROOM
6:30 A.M.	HIIT	STUDIO
7:30 A.M.	ON THE BALL	STUDIO
8 A.M.	POWER BOXING	STUDIO
9 A.M.	BOOTY BOOTCAMP	STUDIO
9 A.M.	1K CALORIE BURN	SPIN ROOM
9 A.M.	YOGA CORE	CLUB DESK
11 A.M.	RESTORATIVE YOGA	STUDIO
11:15 A.M.	AQUATONE	GARDEN POOL

## saturday

9 A.M.	BOOT CAMP	STUDIO
10 A.M.	YOGA, ALL LEVELS	CLUB DESK
10 A.M.	CARDIO SCULPT & CORE	STUDIO
11 A.M.	DEEP STRETCH	STUDIO
11:15 A.M.	AQUATONE	GARDEN POOL

## sunday

7 A.M.	SPIN	SPIN ROOM
8 A.M.	BOOT CAMP	STUDIO
9 A.M.	YOGA, ALL LEVELS	STUDIO
10 A.M.	YOGA SCULPT	STUDIO
11 A.M.	RESTORATIVE YOGA	STUDIO
11:15 A.M.	AQUATONE	GARDEN POOL

Classes are 50 mins unless noted otherwise.  
Schedule is subject to change. Call the club desk at  
ext. 7474 to learn more.