



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

STUDIO 1 SCHEDULE: February 13 - March 25

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00-7:00 am Body Sculpting Jen	6:00-7:00 am Beg/Int Step Jen	6:00-7:00 am Body Sculpting Jen	6:00-7:00 am Beg/Int Step Jen	6:00-7:00 am Body Sculpting Jen		
	7:15-8:15 am F.I.T. Camp (reg. required)					
8:00-9:00 am Senior Workout Rebekah	8:40-9:20 am Pilates Juliana	8:00-9:00 am Senior Workout Will	8:40-9:20 am Pilates Juliana	8:00-9:00 am Senior Workout Rebekah		
9:05-10:00 am Hi/Low Charnee	9:30-10:25 am Latin Aerobics Tracy	9:05-10:00 am Hi/Low Charnee	9:30-10:25 am Latin Aerobics Tracy	9:05-10:00 am Hi/Low Charnee	9:15-10:30 am Challenge Step Valerie/Samantha	
10:05-11:00 am Balance Nancy	10:30- 11:20 am Sculpt & Stretch Tracy	10:05-10:45 am Balance Nancy	10:30- 11:20 am Sculpt & Stretch Tracy	10:05-11:00 am Balance Will	11:20-12:00 pm Arms and Abs Leslie	
11:05-12:10 pm Tai Chi Eileen (reg. required)	New ! 11:25 - 12:20 pm Pilates Kristine	11:00-12:00 pm Nia Dance Cleo	11:25-12:20 pm Pilates Kristine	11:05-12:10 pm Tai Chi Eileen (reg. required)		12:00-1:00 pm Pure Stretch Leslie
12:15-1:15 pm Pilates Hazel	12:30- 1:30 pm Zumba@ Dance Molly	12:15-1:15 pm Pilates Peggy		12:15- 1:15 pm Pilates Linda R.	1:30 - 2:30 pm Zumba@ Dance Norman	
4:30-5:25 pm Challenge Step Valerie	4:30-5:25 pm Pilates Hazel	4:30-5:25 pm Challenge Step Valerie	4:30-5:25 pm Pilates Hazel	New Time 4:30-5:30 pm Nia Dance Cleo	3:30 - 4:30 pm Pilates Molly	New ! 3:00 - 4:00 pm Pure Stretch Leslie
5:30-6:15 pm Prime Cut Linda	5:30-6:20 pm Beg/Int Step Samantha	5:30-6:10 pm Prime Cut Leslie	5:30-6:20 pm Beg/Int Step Samantha	5:35- 6:35 pm Zumba@ Dance Carol		
6:20-7:00 pm Pure Stretch Linda	6:25-7:00 pm Body Bar Sa- mantha	6:15-7:00 pm Pure Stretch Leslie	6:25-7:00 pm Body Bar Leslie	New ! 6:45- 7:30 pm Family Zumba@ Ashley	Classes in Black are included in membership. Schedule subject to change.	
7:05- 8:00 pm Piloxing Leslie	7:05- 8:00 pm Zumba@ Dance Norman/Ashley	7:05-8:00 pm Kickboxing Leslie	7:05-8:00 pm Boot Camp Leslie			
		New ! 8:05- 9:00 pm Strength & Cond Ashlee				



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STUDIO 2 SCHEDULE: February 13 - March 25

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:40-9:25 am Strength <i>Fusion</i> Drea	8:00-9:20 am Let It Go Yoga Jean	7:15-8:15 am F.I.T. Camp (reg. required)	8:00-9:20 am Let It Go Yoga Jean	7:15- 8:15 am F.I.T. Camp (reg. required)	7:45-9:00 am Yoga Andrea/Aliki
9:30-10:30 am Beg. Tai Chi Eileen (reg. required)	9:25-10:25 am Pilates <i>Fusion</i> Juliana	9:00-10:30 am Yoga Ksenjia	9:25-10:25 am Pilates <i>Fusion</i> Juliana	9:00-10:30 am Yoga Ksenjia	
10:45-11:45 am Pilates Leslie	10:35-11:35 am Silver Sneakers Debbie	10:35-12:05 pm Gentle Yoga Ksenjia	10:35 -11:35 am Silver Sneakers Debbie	10:35 -12:05 pm Gentle Yoga Ksenjia	
12:00-1:15 pm <i>Dynamic Flow</i> Yoga Kellen	11:45-1:30pm Pre/Post Natal Tracy (reg. required)	12:30-2:00 pm Restorative Yoga Nancy	11:45-1:30 pm Pre/Post Natal Tracy (reg. required)	12:30-2:00 pm Restorative Yoga Nancy	
					12:15 - 1:00 pm Ballet for Toddlers Dawn
					1:05-1:50 pm Ballet for Toddlers Dawn
4:15-5:15 pm Beg. Yoga Aliki	3:30 - 5:00 pm Yoga Aliki	4:15-5:15 pm Beg. Yoga Aliki	3:30-5:00 pm Yoga Aliki		2:00-3:00 pm Beg. Yoga Aliki
5:30-7:00 pm Yoga Nancy	5:30-7:00 pm Yoga Aliki/Andrea		5:30-7:00 pm Yoga Andrea/Aliki	4:30-5:45 pm <i>Dynamic Flow</i> Yoga Kellen	
7:00-8:30 pm Let it Go Yoga Nancy		7:15- 8:15 pm Belly Dance Lesa			
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STUDIO CYCLING SCHEDULE: February 13 – March 25

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00-7:00 am Cycle 60 Ashlee	5:45-6:30 am Cycle 45 Leslie	6:00-7:00 am Cycle 60 Ashlee	5:45 - 6:30 am Cycle 45 Brea	6:00-7:00 am Cycle 60 Ashlee		
7:15-8:15 am F.I.T. Camp (reg. required)						
8:45-9:30 am Cycle 45 Jade	8:45-9:30 am Cycle 45 Jennifer	8:45-9:30 am Power Cycle Drea	8:45-9:30 am Cycle 45 Jennifer	8:45-9:30 am Cycle 45 Jade	9:15-10:15 am Cycle 60 Molly	
9:45-10:30 am Power Cycle Drea	9:45-11:00 am PMF Jade	9:45-10:30 am Power Cycle Drea	9:45-11:00 am PMF Jade	9:45-10:30 am Cycle 45 Juliana	10:30-11:15 am Cycle 45 Leslie	10:45-11:45 am Cycle 60 Leslie
10:45-11:30 am Cycle 45 Jennifer		10:45-11:30 am Cycle 45 Jennifer				
12:15-1:00 pm F.I.T. Camp (reg. required)	12:15-1:00 pm Cycle 45 Brea		12:15-1:00 pm Cycle 45 Ashlee			4:15-5:00 pm Cycle 45 Leslie
	4:15-5:00 pm Power Cycle Sho					
5:30-6:15 pm Cycle 45 Molly	5:30-6:15 pm Cycle 45 Leslie	5:30-6:15 pm Cycle 45 Linda	5:30-6:15 pm Cycle 45 Leslie		Classes in Black are included in membership. Schedule subject to change.	
6:30-7:30 pm Power Cycle Ashlee	6:30-7:15 pm Cycle 45 Leslie	6:30-7:15 pm Cycle 45 Lauren				