

GROUP EXERCISE STUDIO

TIME	Monday	Tuesday	Wednesday	Thursday	Friday	TIME	Saturday	Sunday
8:30a	Interval Challenge GAIL		 NICOLE	 MICHELLE	 GENTLE YOGA - NOREEN	8:00a	 KAREN	
9:15a				TABATA Training MICHELLE		9:00a	 DEB	
9:30a	 GAIL	Pure Muscle DEB L	Cardio Combo DEB L		 NICOLE	9:30a		 YOGA - CHERYL
12:00p						10:00a		
5:30p	Hula Hoop Fitness* NANCY					10:30a	 HOLLY	
6:00p		 CELESTE	 LEANNE/THERESA	 CELESTE				
6:30p	 DENISE							
7:00p		 YOGA - CHERYL						

CYCLE STUDIO

Please be sure to pick up a pass for Cycle classes!

TIME	Monday	Tuesday	Wednesday	Thursday	Friday	TIME	Saturday	Sunday
5:30a	 MARY		 CHRISTINE J		 MARY	8:00a	 MARY	 CHRISTINE J
8:30a		 NICOLE			 NICOLE	9:00a		
9:15a	 DEB L							
4:30p								
5:45p		 CINDY		 SCOTT				
6:30p	TABATA CYCLE SCOTT							

PLAYCARE HOURS:

Monday to Friday: 8:15 am - 11:30 am

Monday to Thursday: 5:15 pm - 7:30 pm

Saturday: 7:45 am - 11:30 am

Sunday: 9:00 am - 11:00 am

*HULA HOOP FITNESS - PLEASE NOTE TO GET PASS, SPACE IS LIMITED, 30 SPOTS.