



























GROUP EXERCISE STUDIO

TIME	Monday	Tuesday	Wednesday	Thursday	Friday	TIME	Saturday	Sunday
8:30a		 GENTLE YOGA - NOREEN	 NICOLE	 MICHELLE	 GENTLE YOGA - NOREEN	8:00a	 KAREN	
9:15a				TABATA Training MICHELLE		9:00a	 DEB F	
9:30a	 LEANNE	Pure Muscle DEB L	 DEB L			9:30a		 YOGA - CHERYL
9:35a					 NICOLE	10:00a		
5:30p	HIIT HULA* NANCY	 LEANNE	Circuit Boot Camp with Ed			10:30a	 HOLLY	
6:00p				 CELESTE				
6:30p	 DENISE		 THERESA					
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			 SAMANTHA				
4:30p								
5:45p		 CINDY						
6:00p	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 - SPACE IS LIMITED, 30 SPOTS.