

























# GROUP EXERCISE STUDIO

TIME	Monday	Tuesday	Wednesday	Thursday	Friday	TIME	Saturday	Sunday
8:30a	Circuit Challenge WITH CHRISTINE N (Beginning 2/19)	 GENTLE YOGA - NOREEN	 NICOLE	 MICHELLE	 GENTLE YOGA - NOREEN	8:00a	 KAREN	
9:15a				<b>TABATA</b> 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	<b>HIIT</b> HULA* NANCY	 LEANNE	Circuit Boot Camp with ED			10:30a	 HOLLY	
6:00p				 CELESTE				
6:30p	 DENISE	 YOGA - CHERYL (BEGINNING 2/20)	BUTTS and GUTS WITH CHRISTINE N (BEGINNING 2/21)					
7:00p								

# 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				
5:30p			 CHRISTIN N (BEGINNING 2/21)					
5:45p		 CINDY						
6:00p	<b>TABATA</b> 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.