

Playcare Hours

M-F 8:15am-11:30am

M-4:15pm-7:30pm T-Th 5:15pm-7:30pm Sat 7:45am-11:30am Sun 9am-11am

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	GROUP-X STUDIO			Passport required Cycle Classes CYCLE ROOM		
	Time	Class	Instructor	Time	Class	Instructor
M O N	8:30 am	Interval Challenge	Gail	5:30am	Cycle	Mary
	9:30am	BARRE	Gail			
	5:30pm	Express Kick 45 min	Cara	4:30pm	Cycle	Deb L
	6:30pm	Zumba	Denise	6:30pm	Tabata Cycle	Scott
T U E S	8:30am	Pilates	Cara	8:30am	Cycle	Nicole
	9:30am	Muscle Conditioning	Deb L			
	6:00 pm	Group Power	Celeste	5:45pm	Cycle	Cindy
	7:00pm	Yoga	Cheryl			
W E D S	8:30 am	Group Power	Nicole	5:30am	Cycle	Christine J
	9:30 am	Cardio Combo	Deb L			
	5:30pm	Circuit Training	Shane			
	6:30pm	BARRE	Cara			
T H U R S	8:30am	Express Barre	Michelle			
	9:15am	Tabata	Michelle			
	6:00 pm	Group Power	Celeste	5:45pm	Cycle	Scott
F R I	8:30am	Gentle Yoga	Noreen	5:30am	Cycle	Mary
	9:35am	Group Power	Nicole	8:30am	Cycle	Nicole
S A T	8:00am	Insanity	Karen	8:00am	Cycle	Mary
	9:00am	Group Power	Deb F			
	10:30am	Zumba	Holly			
S U N	9:30am	Yoga	Cheryl	8:00am	Cycle	Christine J

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* ALL CLASSES SUBJECT TO CHANGE WITHOUT NOTICE