

FITNESS FALL SCHEDULE - revised 9/18/17

Classes are for 14+ unless otherwise noted

	MONDAY					TUESDAY					WEDNESDAY				
	PROGRAM STUDIO	FITNESS STUDIO	SPIN STUDIO	WATER AEROBICS	PEAKS ICE ARENA	PROGRAM STUDIO	FITNESS STUDIO	SPIN STUDIO	WATER AEROBICS	PEAKS ICE ARENA	PROGRAM STUDIO	FITNESS STUDIO	SPIN STUDIO	WATER AEROBICS	PEAKS ICE ARENA
5:00AM	RIP Allison						RIP Amy T								
6:00AM	RIP Allison	ZUMBA TONING Alisa	CYCLE ZONE Amy		FIELD HOUSE FITNESS Felisha	POWER YOGA Cheneae	RIP Amy T	CYCLE Andrea	AQUAZUMBA* Amanda	FIELD HOUSE FITNESS Felisha	ZUMBA Alisa	RIP Amy W	CYCLE Adrienne	AQUAZUMBA* Alice	FIELD HOUSE FITNESS Amy T
7:00AM				SHALLOW WATER* Bonnie					DEEP WATER** Lorraine					SHALLOW WATER* Alice	
8:00AM		RIP Julie		DEEP WATER** Lorraine		MODIFIED YOGA Melissa	RIPPED Tawny G					RIP Julie		DEEP WATER** Lorraine	
8:10AM				SENIOR WELLNESS* Bonnie										SENIOR WELLNESS* Bonnie	
9:00AM	POWER YOGA Heather	ZUMBA Triana	CYCLE Marin		FIELD HOUSE FITNESS Gary	ZUMBA Jamee	RIP Brittany	CYCLE Lauren	MASTERS SWIM*** Gabbrielle	FIELD HOUSE FITNESS Gary	GENTLE VINYASA Melanie	ZUMBA Triana	CYCLE Natalie		FIELD HOUSE FITNESS Lauren
10:00AM	ZUMBA GOLD Colleen	PUMP Natalie				PILATES Alicia	HIGH FIT Sheree				ZUMBA GOLD Colleen	PUMP Erin			
11:00AM	YOGA KIDS (ages 4-14) Maria/Amy	ADAPTIVE YOGA Melanie				SILVER SNEAKERS Alice					YOGA KIDS (ages 4-14) Maria/Amy	ADAPTIVE YOGA Melanie			
12:00PM	BARRE Alicia			AQUAZUMBA** Kathy V							BARRE Alicia			AQUAZUMBA** Kathy V	
1:00PM				SENIORS/ SHALLOW* Lorraine					SENIORS/ DEEP** Lorraine					SENIORS/ SHALLOW* Camille	
5:00PM	YOGA Shawn	HIGH FIT Sheree				ZUMBA KIDS JR	RIP Drew				YOGA Shawn	HIGH FIT Vicki			
6:00PM	U-JAM Kim	INSANITY Felisha	CYCLE Amy D			MODIFIED YOGA Cindy	P90X Felisha	CYCLE Drew			U-JAM Ashely	P90X Felisha	CYCLE Amy D		
7:00PM		ZUMBA Betzabe		MASTERS SWIM*** Kent	FIELD HOUSE FITNESS Rachel	TURBO KICK Kristy	ZUMBA Jen			FIELD HOUSE FITNESS William		ZUMBA Betzabe		MASTERS SWIM*** Kent	FIELD HOUSE FITNESS Ethan
8:00PM	8:30PM POWER YOGA Cindy	ZUMBA Colleen		SHALLOW WATER*** Emily	FIELD HOUSE FITNESS Rachel	8:30PM BARRE Lindsay	RIP Drew		AQUAZUMBA** Alisa	FIELD HOUSE FITNESS William	8:30PM YOGA Karen	ZUMBA Colleen		SHALLOW WATER*	FIELD HOUSE FITNESS Rachel
9:00PM							PIYO Maria					ZUMBA STEP Lindsay			

WATER AEROBICS LOCATIONS *Programs Pool | **Deep Water Pool | ***Competition Pool

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	THURSDAY					FRIDAY					SATURDAY				
	PROGRAM STUDIO	FITNESS STUDIO	SPIN STUDIO	WATER AEROBICS	PEAKS ICE ARENA	PROGRAM STUDIO	FITNESS STUDIO	SPIN STUDIO	WATER AEROBICS	PEAKS ICE ARENA	PROGRAM STUDIO	FITNESS STUDIO	SPIN STUDIO	WATER AEROBICS	PEAKS ICE ARENA
5:00AM		RIP Amy T													
6:00AM	PILATES Heather	RIP Amy T	CYCLE Andrea	SHALLOW*	FIELDHOUSE FITNESS Lauren	ZUMBA SENTAO Alisa	RIP Kara	CYCLE Amy W		FIELDHOUSE FITNESS Amy T	6:30AM YOGA Chenae	5:50AM RIP Allison			
7:00AM				DEEP WATER** Lorraine					SHALLOW WATER* Maddie			ZUMBA TONING Alisa	CYCLE Adrienne	WATER NINJAS** Bonnie	
8:00AM	MODIFIED YOGA Melissa	RIPPED Tawny G				BARRE Alicia	RIP Julie		DEEP WATER** Maddie		PIYO Brynee	RIP Lauren		DEEP WATER** Bonnie/Felicia	
8:10AM									SENIOR WELLNESS* Bonnie						
9:00AM	KICK IT Stacy	HIGH FIT Loriee	CYCLE Brittany	MASTERS SWIM*** Gabbrielle	FIELDHOUSE FITNESS Gary	U-JAM Nicole	HIGH FIT Loriee	CYCLE Lacee	MASTERS SWIM*** Gabbrielle	FIELDHOUSE FITNESS Gary	BARRE Alicia	ZUMBA STEP Lindsay		AQUAZUMBA*** Alia	FIELDHOUSE FITNESS Ethan
10:00AM	PILATES Stacy	RIP Kara				ZUMBA GOLD Jamee	YOGA Delene				ZUMBA KIDS JR (ages 4-7) Tui/Alisa	INSANITY Rachel			
11:00AM	SILVER SNEAKERS Alice					SILVER SNEAKERS Alice	ZUMBA Marquita					YOGA Cindy			
12:00PM									AQUAZUMBA** Kathy V						
1:00PM				SENIORS/ DEEP** Lorraine					SENIORS/ COMBO* Amanda						
5:00PM	ZUMBA KIDS JR	RIP Drew													
6:00PM	MODIFIED YOGA Maria	U-JAM Ashley	CYCLE Drew												
7:00PM	ZUMBA TONING/ SENTAO Alisa	ZUMBA Jen			FIELD HOUSE FITNESS William										
8:00PM	8:30PM BARRE Lindsay	INSANITY Felisha		AQUAZUMBA** Karen	FIELDHOUSE FITNESS William										
9:00PM		YOGA Karen													