

- YOU MAY ONLY RESERVE ONE CLASS A DAY BECAUSE OF LIMITED AVAILABILITY.
- PLEASE BE AWARE: THERE WILL BE VERY LIMITED BATHROOM ACCESS.
- WATER IS AVAILABLE - BUT FOUNTAINS ARE NOT.
- Members ages 13 and up are permitted to participate in classes.
- Reserve your spot in Mindbody starting at 6 am two days before your live or virtual class.
- Registration closes 30 minutes before class starts.
- Please arrive before class starts.
- Please be extra courteous and cancel your booking if you cannot attend.
- Cell phone use is not permitted in classes. Please avoid disrupting the instructor and other students by carrying on personal conversations during group exercise classes.

SATURDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SPIN 8:30 - 9:15 a.m. dance studio with Theresa	SPIN 6:00 - 6:45 a.m. dance studio with Jen	TONE & SCULPT 6:00- 6:45 a.m. community room with Cassie N	CARDIO STRENGTH 6:00- 6:45 a.m. community room with Cassie N	TONE & SCULPT 6:00- 6:45 a.m. community room with Jen	SPIN 6:00 - 6:45 a.m. dance studio with Jen
TOTAL BODY STRENGTH 8:30 - 9:15 a.m. community room with Jen	PILATES 8:00 - 8:45 a.m. community room with Allison	ESSENTRICS 8:15 - 9:00 a.m. community room with Allison	SPIN 8:30 - 9:15 a.m. dance studio with Cassie N	SPIN 8:30 - 9:15 a.m. dance studio with Jody	YOGA 8:00- 8:45 a.m. community room with Becca
ESSENTRICS 9:30 - 10:15 a.m. community room with Allison	TOTAL BODY STRENGTH 9:00 - 9:45 a.m. community room with Jen	EXPRESS SPIN 8:30 - 9:00 a.m. dance studio with Jody	CARDIO CIRCUIT 9:00- 9:45 a.m. community room with Jody	ESSENTRICS 8:30 - 9:15 a.m. community room with Carolyn	TONE & SCULPT 9:00- 9:45 a.m. community room with Jen
SPIN 9:30 - 10:15 a.m. dance studio with Jen	SPIN 9:00 - 9:45 a.m. dance studio with Jody	TONE & SCULPT 9:15- 10:00 a.m. community room with Jody	ESSENTRICS 10:00 - 10:45 a.m. community room with Carolyn	ARMS, ABS , GLUTES 9:30 - 10:15 a.m. community room with Jody	EXPRESS SPIN 9:00 - 10:00 a.m. dance studio with Cassie N
	ESSENTRICS 10:00 - 10:45 a.m. community room with Allison	SPIN 9:15 - 10:00 a.m. dance studio with Cassie N	SILVER SNEAKERS 11:15 a.m.- 12:00 p.m. community room with Jody	SPIN 9:30 - 10:15 a.m. dance studio with Jen	EXPRESS ARMS, ABS , GLUTES 10:00 - 10:30 a.m. community room with Cassie N
SPIN 9:15 - 10:00 a.m. dance studio with Jen	SILVER SNEAKERS 11:15 a.m.- 12:00 p.m. community room with Jen	YOGA 10:15 - 11:00 a.m. community room with Theresa	EXPRESS SPIN 5:30 - 6:00 p.m. dance studio with Tabitha	SILVER SNEAKERS 10:45 - 11:30 p.m. community room with Jody	SILVER SNEAKERS 11:00 - 11:45 p.m. community room with Jen
PILATES 9:15 - 10:00 a.m. community room with Allison	SILVER SNEAKERS 12:15 - 1:00 p.m. community room with Jody	SILVER SNEAKERS 11:30 a.m. - 12:15 p.m. community room with Jody	YOGA 6:15 - 7:00 p.m. community room with Tabitha	SILVER SNEAKERS 11:45 a.m.- 12:30 p.m. community room with Jody	
SPIN 10:15 - 11:00 a.m. dance studio with Theresa	EXPRESS SPIN 5:30 - 6:00 p.m. dance studio with Tabitha	SILVER SNEAKERS 12:30 - 1:15 p.m. community room with Jody		SPIN 6:00 - 6:45 p.m. dance studio with Tabitha	
ARMS, ABS , GLUTES 10:15 - 11:00 a.m. community room with Jen	TOTAL BODY STRENGTH 6:15 - 7:00 p.m. community room with Tabitha	SPIN 5:30 - 6:15 p.m. dance studio with Tabitha	There will be no virtual classes offered during this week.	ZUMBA 6:00 - 6:45 p.m. community room with Lin	
		PILATES 5:30 - 6:15 p.m. community room with Allison			