




Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30AM 	5:30AM 	5:30AM 	5:30AM 	5:30AM Cycling- Jackie/Missy	
5:30AM CYCLING- Jeanette	5:30AM CYCLING-JESS	5:30AM MAX H.I.T.	6:00 AM MAX H.I.T.	5:30AM 	
8:00AM 	6:00AM MAX H.I.T.	8:00AM Adaptive Yoga - Lori	6:00 AM CYCLING- Misti	6:15AM 	7:15AM 
9:00AM Water Aerobics	6:30AM 	9:00AM Water Aerobics - Lori	6:00AM FLOW YOGA- CALLIE	8:00AM Yoga Stretch - Ann	7:45AM MAX H.I.T.
9:00AM Sculpt & Sweat- Kelly	6:30 AM YOGA STRETCH CALLIE	8:45AM 	8:00AM Silver Sneakers	8:45AM 	8:00AM 
9:15 AM MAX H.I.T	8:00AM SILVERSNEAKERS	9:15AM ‘ 	9:15AM CYCLING-JESS	9:15AM 	8:00AM YOGA FUNDAMENTALS NED
10:00AM POWER Yoga Christina	9:00AM 	9:15AM MAX H.I.T.	9:15 AM CARDIO with KELLY	9:15 AM MAX H.I.T	9:00 AM  or 
10:00 AM 	9:15AM CYCLING-JACKIE	10:00AM Align & Flow Yoga Jackie	10:00AM 	10:00 AM Vinyasa- Angela	
4:30 PM SIMPLE YOGA JACKIE	10:00AM 	10:15AM 	11:30AM 	10:15 AM 	
4:30 PM 	11:30AM 	11:30AM 			
5:45PM Cycling - Jackie/Missy	5:00PM 	5:15PM 	4:30 PM SIMPLE YOGA JACKIE		
5:45 PM 	6:00PM 	5:45PM Cycling – <i>EBONY</i>	5:00 PM 		
6:00PM MAX H.I.T	7:00PM Yoga Fundamentals Ned	6:00PM MAX H.I.T.	6:00 PM 		
6:45PM 					Effective January 7,2019