Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30AM GROUP POWER	5:30AM GROUP POWER	5:30AM GROUP POWER	5:30AM GROUP CORE	5:30AM Cycling-Jackie	
5:30AM CYCLING-Misti	5:30AM CYCLING-JESS	5:30AM MAX H.I.T.	6:00 AM MAX H.I.T.	5:30AM HIGH Fitness	
8:00AM ZUMBA Fitness Gold	6:00AM MAX H.I.T.	8:00AM Adaptive Yoga - Ann	6:00 AM CYCLING- Dani	6:15AM GROUP CORE	7:15AM GROUP CORE
9:00AM Water Aerobics		9:00AM Water Aerobics -	6:00AM FLOW YOGA-Lynn	8:00AM Yoga Stretch -Ann	
9:00AM Sculpt & Sweat-Kelly	6:30 AM YOGA STRETCH Lynn	8:45AM GROUP CORE	8:00AM Silver Sneakers	8:45AM GROUP CORE	8:00AM GROUP POWER
9:15 AM MAX H.I.T	8:00 AM SILVERSNEAKERS	9:15 AM ' GROUP POWER	9:15 AM CYCLING-JESS	9:15AM GROUP POWER	8:00 AM YOGA FUNDAMENTALS NED
10:00AM POWER Yoga Christina	9:00AM ZUMBA Fitness	9:15AM MAX H.I.T.		9:15 AM MAX H.I.T	9:00 AM WERQ or ZUMBA Fitness
10:00 AM GROUP CORE	9:15AM CYCLING-JACKIE	10:00AM Align & Flow Yoga Jackie	10:00AM GROUP POWER	10:00 AM Vinyasa Flow Angela	
4:30 PM SIMPLE YOGA JACKIE/Angela	10:00AM GROUP POWER	10:15AM HIGH Fitness		10:15 AM WERQ	
4:30 PM GROUP POWER	11:30AM FITSTOP TAI CHI	11:30AM FITSTOP TAI CHI	11:30 AM FITSTOP TAI CHI		
5:45PM Cycling - Jeanette	5:00PM HIGH Fitness	5:15PM GROUP CORE	4:30 PM SIMPLE YOGA JACKIE		
5:45 PM WERQ	6:00PM GROUP POWER	5:45PM Cycling –*EBONY*	5:00 PM GROUP POWER		
6:15 PM MAX H.I.T	7:00PM Yoga Fundamentals Ned		6:00 PM ZUMBA Fitness		
6:45PM GROUP CORE					Effective Oct 1 ,2019