

Fitness Class Schedule

JANUARY 8 - FEBRUARY 23 (7 WEEKS)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6 - 7 am	Spin & Core 6 - 6:45 am (Laurie)		Spin & Core 6 - 6:45 am (Laurie)		Cardio Blast 6:15 - 6:45 am (Kim)
9 - 10 am		Active Aging 9:15 - 10 am (Kim)			Step & Pump 9 - 9:45 am (Kim)
10 - 11 am	Aquafitness 10:00 - 10:45 am (Kim)	Seniors 65+ 10:30 - 11:15 am (Kim)	Aquafitness 10:00 - 10:45 am (Kim)	Seniors 65+ 10:30 - 11:15 am (Kim)	Aquafitness 10:00 - 10:45 am (Kim)
12 - 5 pm		Step 4:30 - 5 pm (Kim)	Lift 101 12- 12:45 pm (Kim)		TRX 12:10 - 12:40 pm (Kim)
5 - 6 pm	W.O.D 5 - 5:45 pm (Mathias)	Strength & Sculpt 5 - 6 pm (Renate)	6-Pack 5 - 5:45 pm (Renate)	Strength & Sculpt 5 - 6 pm (Renate)	
6 - 7 pm	MetCon 6 - 6:45 pm (Mathias)	Spin 6 - 7 pm (Laurie)	Power Circuit 6 - 7 pm (Renate)	Spin & Stretch 6 - 7 pm (Laurie)	
7 - 8 pm	Aqua Bootcamp 7:15 - 8 pm (Kim/Laurie)		Aqua Bootcamp 7:15 - 8 pm (Kim/Laurie)		