

TIME	LOCATION	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:00 am	FIELD HOUSE	CYCLE Charlene	CYCLE Lisa	CYCLE Maureen	CYCLE Maureen	CYCLE Lisa	CYCLE Charlene	
	GYM	POWER SCULPT Lisa	BARRE Kerri	TRX (30 min) Lisa	BARRE Kerri	TRX (30 min) Charlene BARRE (60 min) Tracy	INTERVAL Sharon	STEP & SCULPT Tammy
9:00 am	FIELD HOUSE	<b>LES MILLS</b> BODY PUMP Jane	POWER SCULPT Maureen	INTERVAL Charlene	TABATA Jane	HIIT Maureen	<b>LES MILLS</b> BODY PUMP Jane	YOGA Joy 9:30
	GYM		TRX+ ROW Charlene + Tracy	Pilates Theresa	TRX+ ROW Charlene + Tracy	Sculpt & ROW Tracy	SCULPTING YOGA Lea 9:30AM	
10:00 am	FIELD HOUSE		POWER CYCLE 30 min Maureen			POWER CYCLE 30 min Josh		
	GYM	STRETCH & BALANCE Susan	STRENGTH & MOBILITY Susan	THAI BOXING FLOW Patrick	STRENGTH & MOBILITY Susan		ZUMBA Jane 10:30	ZUMBA Chelsea 10:30
11:00 am	GYM	SENIOR SPARTANS Lorraine	SENIOR SPARTANS Maureen	SENIOR SPARTANS Lorraine	SENIOR SPARTANS Maureen	SENIOR SPARTANS Lorraine		
4:30 pm	GYM	HUSTLE & MUSCLE Sharon	SCULPT & ROW Tracy	HUSTLE & MUSCLE Sharon	POWER SCULPT Karla			
5:30 pm	FIELD HOUSE	<b>*LES MILLS</b> BODY PUMP Kerri	TRX JOSH GYM	<b>*LES MILLS</b> BODY PUMP Jane	TABATA KICKBOXING Jane GYM			
	GYM		BARRE Kerri	BARRE Chelsea	Sculpt & ROW Tracy			
6:30 pm	GYM	THAI BOXING FLOW Patrick	YOGA Joy	THAI BOXING FLOW Patrick	YOGA Joy			

Schedule as of: 09/06/22

TRX CLASSES ARE 30 MINUTES  
ALL OTHER CLASSES ARE 1 HOUR UNLESS NOTED OTHERWISE

Please check the app as schedule is subject to change without notice.

REGISTRATION IS REQUIRED FOR ALL CLASSES VIA OUR APP

\*5:30PM BODY PUMP WILL ONLY RUN THROUGH THE END OF OCTOBER.  
NEW REPLACING CLASSES WILL BE ANNOUNCED SOON AND WILL TAKE PLACE AT THE GYM.

**STRENGTH**

POWER SCULPT, ROWING, CORE
TRX

**STRENGTH & CARDIO**

INTERVAL TRAINING
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**MINDBODY**

YOGA, PILATES, BARRE
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**LES MILLS**

BODY PUMP, BODY ATTACK
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**OTHER**

CYCLE, CYCLE CIRCUIT
ZUMBA
TENNIS F.I.T.
TABATA KICKBOXING
SENIOR HOUR
FLOW & BREATHING

