



CLASS SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30 AM		RIDE Cathy (40 min)		RIDE Cathy (40 min)			
9:00 AM					Sculpt Pilates Bella (45min)	BLAST Michelle (45 min)	POWER Evan (45 min)
9:30 AM	RIDE Clarence (40 min)	ACTIVE Erica (45 min)	groove Jean (45 min) RIDE Erica (40 min)	BLAST Michelle (45 min)	RIDE Kerri (40 min)	RIDE Clarence (40 min)	
10:00 AM							fight Travis (45 min)
10:30 AM	YOGA Chair Yoga Brenda D. (60 min)				ZUMBA Vivian (45min)	YOGA Brenda D. (60 min)	
11:30 AM		GENTLE YOGA Taura (60 min)			GENTLE YOGA Brenda H. (60 min)		
12:00 PM			Classical Pilates Bella (45min)				GENTLE YOGA Taura (60 min)
4:30 PM	CENTERGY Michelle (45 min)	POWER Travis (45 min)	BLAST Nicole (45 min) RIDE Travis (40 min)				
5:00 PM				POWER Erica (45 min)			
5:30 PM	ACTIVE Erica (45 min)	fight Evan (45 min)	CENTERGY Chris (45 min)				
6:00 PM				ZUMBA Vivian (45min)			
6:30 PM	GENTLE YOGA Brenda H (60 min)						
6:45 PM		YOGA Taura (60 min)					

Club Hours

Monday -Thursday: 6 AM - 9 PM

Friday: 6 AM - 8 PM

Saturday & Sunday: 7 AM - 7 PM

Pool Hours

Monday - Friday: 7:00 AM - 7:30 PM

Saturday & Sunday: 8:00 AM - 6:00 PM