



Group Fitness Class Schedule

Effective September 2016

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
POUND! w/Cindy 8:00-8:45am						
SPIN! Melissa Fariello 8:30-9:15am	SPIN! w/Melissa S 6:00-6:45am	Body Sculpt w/Grace 8:15-9:15am	SPIN! w/Melissa S 6:00-6:45am		SPIN! w/Melissa S 7:00-7:45am	
Body Sculpt w/Grace 9:00-10am	Yoga w/Alice 7:45-8:45am	SPIN! w/Melissa S 8:30-9:15am		SPIN! w/Cindy 8:30-9:15am	Core Xpress Melissa Fariello 7:30-7:50am	SPIN! w/Melissa S 8:00-8:45am
Yoga w/ Barb 10:00-11:00am	Cardio Dance w/Dyanne 8:45-9:30am	Yoga-Pilates w/Heather 9:30-10:30am	Body Sculpt w/Melissa S 9:30-10:30am	Yoga- Pilates w/Heather 9:30-10:30am	SPIN! Melissa Fariello 8:00-8:45am	SPIN! w/Melissa S 9:00-10:00am
SPIN! w/Julia 11:00-11:45am	Body Sculpt w/Dyanne 9:30-10:15am			SPIN! w/Melissa Maria 11:00-11:45am	Boot Camp w/Melissa 8:00-9:00am	Stretch & Pilates w/Joanne 9:00-10:00am
Body Sculpt w/Kristine 5:15-6:00pm	Total Body Strength w/ Stephany 5:15-6:15pm	Total Body Spin w/Melissa Maria 5:15-6:15	Total Body Strength w/ Stephany 5:15-6:15pm	SPIN! w/Melissa Maria 5:30-6:15	Zumba w/Aleta 9:00-10:00am	
20/20/20 w/ Krista 6:00-7:00pm	Piloxing w/Krista 6:15-7:00pm	Yoga w/ Eileen 6:15-7:15pm Warm Room	SPIN! w/Tricia 5:15-6:00pm		Yoga w/Nancy 10:00-11:00am	
Zumba w/Kelley 7:00-8:00pm	SPIN! Melissa Fariello 6:15-7:00pm	Core Xpress (Mezzanine) Melissa Fariello 6:45-7:05pm	20/20/20 w/Betsy 6:15-7:15pm	CHILDCARE Monday through Sunday 8am-12pm Tuesday & Thursday 4pm - 7pm		GYM HOURS Mon.-Thurs. 5am-10pm Fri. 5am-8pm Sat. 7 a.m. - 7 p.m. Sun. 7am - 5pm
SPIN! w/Melissa Maria 7:00-7:45pm	Beginner Yoga w/Barb 7:00-8:15pm	SPIN! Melissa Fariello 7:15-8:00pm				