

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6-7a Strength and Conditioning Janis	5:45-6:45a Step - Charlotte	6-7a Cardio Interval Janis	6-7a Just Stretch Harriet	6-7a Strength & Conditioning Janis	7-8a <i>Jazzercise</i>	8-9a <i>Jazzercise</i>
7:05-8:05a Cardio Interval Janis	7-8a Strength and Conditioning Harriet	7:05-8:05a Total Body Workout Janis	7:05-8:05a Balance & Strength Pnina	7:05-8:05a Intervals & flexibility Janis	8-9a Total Body Conditioning Katrina Rm. 107	9-10:15a <i>Jazzercise</i> Judy
8:30-9a Abs, Abs, Abs Mike Spin Room	8:30-9:30a Zumba Lana	8:30-9a Abs, Abs, Abs Mike Spin Room	8:30-9:30a Zumba Lana	8:30-9a Abs, Abs, Abs Mike Spin Room	8:15-9a <i>Jazzercise</i>	9-9:50a Ultimate Core Katrina Rm. 107
8:30-9:30a Low Impact Total Body Cond. Sophia	9:45-10:45a <i>Jazzercise</i> Joy	8:30-9:30a Zumba/abs Lana	9-10a Beginning Pilates Pnina Rm. 107	8:30-9:30a Low Impact Total Body Cond. Diane	9-10a <i>Jazzercise</i> Judy	10-10:50am Upper/Lower Body Katrina Rm. 107
9:45-10:45a <i>Jazzercise</i> Judy	10:55-11:55a Pilates Pnina	9:45-10:45a <i>Jazzercise</i> Judy	9:45-10:45a <i>Jazzercise</i> Joy	10:30-11:30a Yoga Sophia Rm. 107	9:20-10:35a Yoga Mira Rm. 107	10:30-11:30a Classic Step Charlotte
11a-12p Senior Strength Debbie	3-4p Qigong Lisa	12-1p Yo Body Yo Mind Harriet	10-11a Yoga & Pilates Rm. 107 Amy	9:45-10:45a <i>Jazzercise</i> Judy	9:30-10:00a TBW Spin room Marie	11:30-12:30p Intervals & Flexi- bility Janis
4:30-5:30p Zumba Valerie	4:15-5:15p Relax & Revitalize Lisa Rm. 107	1:30-2:30p Arthritis June	11-11:55a Pilates Sculpt Pnina	11-12p Senior Strength Debbie	10:30-11:30A Cardio Interval Janis	12:30-1:30p Advanced Yoga Sophia Rm. 107
5:30-6:30p Classic Step Charlotte	4:30-5:15p Total Body Shaping Katrina	5:30-6:30p Step/ Strength Sophia	3-4p Qigong Sharon		10:45-12:00a Beginner's Yoga Mira-Rm 107	
5:45-6:30p Body Sculpting Rm. 107 Valerie	5:30-6:30p <i>Jazzercise</i>	6:45-7:45p <i>Jazzercise</i>	4:15-5:15p Body Pump Charlotte		11:30-12:30p Turbo Kick Valerie	6
6:45-7:45p <i>Jazzercise</i>	7-8p Zumba Samantha		5:30-6:30p <i>Jazzercise</i>	 		
6:45-7:30p Strength / Abs Spin Room Charlotte	8-9p Belly Dancing Samantha	International Folk Dancing 8-10p \$5	6-6:45p Body Sculpting Val Rm. 107			
			7-8p Turbo Kick Val			
All classes included with membership except Jazzercise						
TBW: Total Body Workout						