

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY							
5:30-6:25 CYC 7:00-7:55 MS 7:00-7:55 O 8:00-8:25 MS 8:30-9:25 MS 8:30-9:25 CYC 9:00-9:55 P 9:00-9:55 O \$\$ 9:30-10:25 MS 9:40-10:35 CYC 10:30-12:00 MB 10:45-11:40 MS	<b>Sunrise Cycle</b> Melissa <b>Yoga</b> Amy V <b>Boot Camp</b> Beth <b>CORE Xpress</b> Sandor <b>Group Power™</b> Beth <b>Interval Ride</b> Amy S. <b>AquaFit</b> Barbara <b>CrossFit</b> Nelson <b>Step Intervals</b> Gwendolyn <b>Cycle</b> Teri <b>Ashtanga Yoga</b> Debbie <b>Pilates Mat</b> Wendy !	5:30-6:25 CYC 7:00-7:55 MS 7:00-7:55 O 8:00-8:25 MS 8:30-9:25 MS 8:30-9:25 CYC 9:00-9:55 P 9:00-9:55 MB ☆ 9:00-9:55 P 9:30-10:25 MS 9:30-10:25 O 9:30-10:25 CYC 10:30-11:25 MS! 4:00-4:45 MS! 5:00-5:55 MS 6:00-6:55 MS 6:00-6:55 CYC 6:15-7:30 MB 7:00-7:55 MS 7:00-8:00 O \$\$ 7:15-8:10 CYC!	<b>Group Power™</b> Melissa <b>Strength</b> <b>Conditioning</b> Sol <b>CrossFit</b> Nelson <b>Cycle</b> Beth <b>Cardio</b> Christina <b>Yoga</b> Alice <b>AquaFit</b> Gwendolyn <b>Pilates Mat</b> Wendy <b>Boot Camp</b> Amy S. <b>Cycle</b> Gio <b>Strength</b> <b>Conditioning</b> Melissa	5:30-6:25 CYC 7:00-7:55 MS 7:00-7:55 O 8:00-8:25 MS 8:30-9:25 MS 8:30-9:25 CYC 9:00-9:55 P 9:00-10:15 MB 9:30-10:25 CYC 9:30-10:25 MS 9:30-10:25 O 10:30-11:25 MS 11:00-11:55 MB !	<b>Sunrise Cycle</b> Alex <b>Mat Fusion</b> Sarah <b>Boot Camp</b> Beth <b>CORE Xpress</b> Teri <b>Group Power™</b> Teri <b>Interval Ride</b> Amy S. <b>AquaFit</b> Nancy <b>Ashtanga Yoga</b> Debbie <b>Cardio 360™</b> Melissa <b>Cycle</b> Christina <b>Pilates Mat</b> Rebecca <b>Body Forging</b> Christina ! !	5:30-6:25 MS 7:00-7:55 MS 7:00-7:55 MS 8:15-9:10 MS 8:15-9:10 CYC 9:00-9:55 P 9:00-10:15 MB 9:30-10:25 CYC 9:30-10:25 MS 9:30-10:25 O 10:30-11:25 MS !	<b>Tabata™</b> <b>Training</b> Melissa <b>Strength</b> <b>Conditioning</b> Amy S. <b>Fit Dance</b> Manny <b>Cycle</b> Beth <b>AquaFit Intervals</b> Gwendolyn <b>Hatha Yoga</b> Alice <b>Cycle</b> Gio <b>AthleKinetic™</b> Christina <b>Boot Camp</b> Amy S. <b>Pilates Plus</b> Teri ! !	5:30-6:25 CYC 7:00-7:55 MB 7:00-7:55 MS 7:30 - 8:25 O \$\$ 8:00-8:25 MS 8:30-9:25 MS 8:30-9:25 CYC 9:00-9:55 P 9:00-9:55 O \$\$ 9:30-10:25 MS 9:30-10:55 MB 9:40-10:35 CYC 10:30-11:25 MS 11:30-12:25 MS !	<b>Sunrise Cycle</b> Amy S. <b>Sunrise Flow Yoga</b> Amy V. <b>Tabata™ Training</b> Sol <b>CrossFit</b> Nelson <b>CORE Xpress</b> Sandor <b>Fearless Weights</b> Gwendolyn <b>Cycle</b> Sarah <b>AquaFit</b> Barbara <b>CrossFit</b> Nelson <b>Cardio Strength</b> Gio <b>Yoga 26</b> Alice <b>Cycle</b> Miguel <b>Essential Stretch™</b> Melissa <b>Fit Dance</b> Manny !	7:15-8:10 CYC 7:30-8:25 MS 8:00-8:55 O 8:30-8:55 MS 8:30-9:25 CYC 9:00-9:25 MS 9:15-10:45 MB 9:30-10:30 MS 9:45-10:40 CYC 10:30-11:25 MS 11:00-11:55 CYC 11:30-12:25 MS! 9:00-9:55 O 5:00-5:55 MS! 6:00-6:55 MS! 6:30-7:45 MB 7:00-7:55 MS 7:15-8:10 CYC!	<b>Cycle</b> Christina <b>Cardio 360™</b> Melissa <b>Boot Camp</b> Beth <b>CORE Xpress</b> Melissa <b>Cycle</b> Carole <b>Essential Stretch</b> Melissa <b>Hatha Yoga</b> Alice <b>Cardio KickBoxing</b> Sarah/Isabel <b>Cycle</b> Barbara <b>Group Power™</b> Sarah <b>Cycle</b> Jose <b>Pilates Mat</b> Wendy! <b>Get Fit Kidz (MV, 6-12yrs)</b> Erika <b>Restorative Yoga</b> Leslie <b>Boxing</b> Miguel <b>Special Events and Programs:</b> Fitness Crawl 90 Minute Ride with Alex Karate Kidz (Ages 6 yrs and older)	8:00-8:55 MS 8:30-9:25 CYC 8:30-9:55 O 8:30-9:25 MB 9:00-9:55 MS 9:30-10:55 MB 9:45-11:00 CYC 10:00-10:55 MS 11:00-11:55 MS! !	<b>AthleKinetic™</b> Christina <b>Cycle</b> Melissa <b>Boot Camp</b> Amy S. <b>Power Yoga Flow</b> Amy V <b>Sculpt and Stretch</b> Christina <b>Yoga Fusion</b> Leslie <b>Cycle &amp; Stretch</b> Wendy <b>Power and Punch</b> Miguel <b>Latin Dance</b> Pocho ! <b>Choreographed Step</b> Gwendolyn! Sunday Jan. 1st 12:00 -2:00 \$20 fee Sign up at front desk Wednesday Jan. 4th 5:30-7:00am Sunday Jan. 29th 11am-12pm

**Location Key:**  
MS Main Studio  
MB Mind Body Studio  
PS Pilates Studio  
CYC Cycle Studio  
O Outside  
P Pool  
BC Basketball Court  
RR Reservation Req.  
\$\$ Fee Based  
MV MVarsity (Youth Fitness)  
☆ Change in class

Class times, formats, and instructors are subject to change without notice. Please check studio door for updated changes. Classes with low attendance are subject to cancellation. Outside classes may be cancelled due to inclement weather.

