3-10 a.m 7-55 a.m.   Spin   Laurie   GB   9:00 a.m 9:55 a.m.   Les Mills BODYPUMP™   Laurie   GB   9:00 a.m 9:55 a.m.   Flow Yoga   Lisa   GA   9:00 a.m 9:55 a.m.   NIA   Amy   GC   Gardio Sculpt with Ball   Sandy   GB   10:00 a.m 10:55 a.m.   NIA   Amy   GC   Gardio Sculpt with Ball   Sandy   GB   10:00 a.m 10:55 a.m.   Zumba   Mitsy   GC   Gardio 1:00 a.m 10:55 a.m.   Zumba   Mitchelle   GC   11:00 a.m 11:55 a.m.   Zumba   Michelle   GC   Laurie   GB   12:00 p.m 12:55 p.m.   Flow Yoga   Laurie   GB   12:00 p.m 1:30 p.m.   Tal Chi for Beg/Int (\$\$) (Begins 1/24)   Dilana   GB   GB   GB   GB   GB   GB   GB   G	OUNDAY			
8:00 a.m 9:55 a.m. 9:00 a.m 9:55 a.m. Flow Yoga 10:00 a.m 9:55 a.m. Flow Yoga 10:00 a.m 9:55 a.m. Flow Yoga 10:00 a.m 10:55 a.m. Flow Yoga 10:00 a.m 10:55 a.m. Flow Yoga 10:00 a.m 10:55 a.m. Flow Yoga 10:00 a.m 11:55 a.m. Flow Yoga 11:00 a.m 11:55 a.m. Flow Yoga 12:00 p.m 11:55 p.m. Flow Yoga 12:00 p.m 12:55 p.m. Flow Yoga 12:00 p.m 12:55 p.m. Flow Yoga 12:00 p.m 12:00 p.m. Flow Yoga 12:00 p.m 6:30 p.m. Flow Yoga 12:00 p.m 6:30 p.m. Flow Yoga 13:00 a.m 6:25 a.m. Flow Yoga 14:00 a.m 6:25 a.m. Flow Yoga 15:00 p.m 6:30 p.m. Flow Yoga 16:15 a.m 7:10 a.m. Flow Yoga 18:30 a.m 9:25 a.m. Flow Yoga 18:30 a.m 9:25 a.m. Flow Yoga 19:30 a.m 10:25 a.m. Flow Yoga 10:30 a.m 11:25 a.m. Flow Yoga 11:30 a.m 12:30 p.m. Flow Yoga 11:30 a.m 12:35 p.m. Flow	SUNDAY		17 11	
9:00 a.m 9:55 a.m.   Cardio Sculpt with Ball   Sandy   GB   9:00 a.m 9:55 a.m.   Cardio Sculpt with Ball   Sandy   GB   10:00 a.m 10:55 a.m.   Cardio Fusion   Sandy   GB   10:00 a.m 10:55 a.m.   Zumba   Mitsy   GC   11:00 a.m 11:55 a.m.   Zumba   Mitsy   GC   11:00 a.m 11:55 a.m.   Zumba   Mitsy   GC   11:00 a.m 11:55 p.m.   Flow Yoga   Laurie   GB   12:00 p.m 12:55 p.m.   Stretch & Strength   Laurie   GB   12:30 p.m 1:30 p.m.   Tai Chi for Beg/Int (\$\$)(Begins 1/24)   Dilana   GC   12:30 p.m 6:30 p.m.   Spin   Spin   Robin   GB      MONDAY   September   Spin   Spin   September   Spin   Spin   September   Spin		<u> </u>		-
9:00 a.m 9:55 a.m   NIA		Les Mills BODYPUMP™	Laurie	GB
9:00 a.m 9:55 a.m.   NIA	9:00 a.m. – 9:55 a.m.	Flow Yoga	Lisa	GA
9:00 a.m 9:55 a.m.   NIA   Amy   GC     10:00 a.m 10:55 a.m.   Cardio Fusion   Sandy   GB     11:00 a.m 11:55 a.m.   Zumba   Miltsylle   GC     11:00 a.m 11:55 a.m.   Zumba   Miltsylle   GC     11:00 a.m 11:55 p.m.   Flow Yoga   Laurie   GB     12:00 p.m 12:55 p.m.   Tai Chi for Beg/Int (\$\$)(Begins 1/24)   Diana   GC     5:00 p.m 6:30 p.m.   Tai Chi for Beg/Int (\$\$)(Begins 1/24)   Diana   GC     5:00 p.m 6:30 p.m.   Tai Chi for Beg/Int (\$\$)(Begins 1/24)   Diana   GC     5:00 p.m 6:30 p.m.   Tai Chi for Beg/Int (\$\$)(Begins 1/24)   Diana   GC     5:00 p.m 6:30 p.m.   Tai Chi for Beg/Int (\$\$)(Begins 1/24)   Diana   GC     6:15 a.m 7:10 a.m.   Flow Yoga   Amy   GC     6:30 a.m 7:25 a.m.   Les Mills BODYPUMP™   Laurie   GB     8:30 a.m 9:25 a.m.   Les Mills BODYPUMP™   Laurie   GB     8:30 a.m 9:25 a.m.   Yogalates   Jill   GA     9:30 a.m 10:25 a.m.   Yogalates   Jill   GA     9:30 a.m 10:25 a.m.   Yogalates   Jill   GA     9:30 a.m 10:25 a.m.   Morning Stretch & Strength   Stacy   GB     10:30 a.m 11:25 a.m.   Morning Stretch & Strength   Stacy   GB     10:30 a.m 11:25 a.m.   Flow Yoga   Cynthia   GC     10:30 a.m 12:30 p.m.   Tai Chi (\$\$)(Begins 1/18)   Jeffrey   GA     11:30 a.m 12:30 p.m.   Tai Chi (\$\$)(Begins 1/18)   Jeffrey   GA     11:30 a.m 12:30 p.m.   Salance with Strength   Luci   GB     10:00 a.m 10:55 p.m.   Aqua Pilates   Christelle   IP     7:00 p.m 7:45 p.m.   Aqua Pilates   Christelle   IP     7:00 p.m 8:55 a.m.   Les Mills BODYPUMP™   Rachel   GB     10:00 a.m 10:55 p.m.   Complete Cardio Conditioning   Rhoda   GB     10:00 a.m 10:55 p.m.   Stretch   Ramon   GC     10:00 a.m 10:55 a.m.   Yogalates on the Ball			Sandy	GB
10:00 a.m 10:55 a.m.   Zumba   Mitsy   GC		•	,	-
10:00 a.m 10:55 a.m.   Zumba   Mitsy   GC			•	
11:00 a.m. − 11:55 p.m.   Flow Yoga   Laurie   GB   Color			•	-
11:00 a.m. − 11:25 p.m. 12:00 p.m. − 12:35 p.m. 12:00 p.m. − 12:35 p.m. 12:30 p.m. − 12:30 p.m. 12:30 p.m. − 12:35 p.m. 13:30 a.m. − 12:35 a.m. 10:30 a.m. − 12:35 a.m. 10:30 a.m. − 10:25 a.m. 10:30 a.m. − 11:25 a.m. 11:30 a.m. − 12:30 p.m. 11:30 a.m. − 12:30 p.m. 11:00 p.m. − 1:45 p.m. 1:00 p.m. − 7:45 p.m. 1:00 p.m. − 7:45 p.m. 1:00 p.m. − 7:55 p.m. 1:00 p.m. − 8:55 a.m. 1:00 a.m. − 10:25 a.m. 1:00 p.m. − 1:55 p.m. 1:00 p.m. − 1:25			•	
12:00 p.m 12:55 p.m.   Stretch & Strength   Laurie   GB     12:30 p.m 1:30 p.m.   Evening Yoga   Robin   GC     MONDAY     5:40 a.m 6:25 a.m.   Flow Yoga   Amy   GC     6:30 a.m 7:25 a.m.   Les Mills BODYPUMP™   Laurie   GB     8:30 a.m 7:25 a.m.   Les Mills BODYPUMP™   Laurie   GB     8:30 a.m 9:25 a.m.   Flow Yoga   Natalie   GA     9:30 a.m 10:25 a.m.   Morning Stretch & Strength   Stacy   GA     10:30 a.m 11:25 a.m.   Sculpt with Ball   Stacy   GB     10:30 a.m 11:25 a.m.   Flow Yoga   Cynthia   GC     10:30 a.m 11:25 a.m.   Flow Yoga   Cynthia   GC     10:30 a.m 12:30 p.m.   Tai Chi (\$\$) (Begins 1/18)   Jeffrey   GA     11:30 a.m 12:30 p.m.   Zumba Toning   Ramon   GC     11:00 p.m 7:45 p.m.   Aqua Flex & Stretch   Roz   IP     7:00 p.m 7:45 p.m.   Aqua Flex & Stretch   Roz   IP     7:00 p.m 7:55 p.m.   Les Mills BODYPUMP & CXWORX™   Karolina   GB     8:15 a.m 8:55 a.m.   Les Mills BODYPUMP™   Rachel   GB     8:10 a.m 9:55 a.m.   Weights and Plates   Rhoda   GB     10:00 a.m 10:55 p.m.   Les Mills BODYPUMP™   Rachel   GB     10:00 a.m 10:55 p.m.   Les Mills BODYPUMP™   Rachel   GB     10:00 a.m 10:55 p.m.   Stretch   Rhoda   GB     10:00 a.m 10:55 p.m.   Stretch   Ramon   GC     10:00 p.m 12:55 p.m.   Stretch   Ramon   GB     10:00 a.m 10:55 a.m.   Stretch   Ramon   G				
12:30 p.m 1:30 p.m.   Tai Chi for Beg/Int (\$\$)(Begins 1/24)   Diiana   GC			Laurie	_
Since   Sin	12:00 p.m. – 12:55 p.m.	Stretch & Strength	Laurie	GB
Since   Sin	12:30 p.m. – 1:30 p.m.	Tai Chi for Beg/Int (\$\$)(Begins 1/24)	Diiana	GC
MONDAY         5:40 a.m 6:25 a.m.         Spin         Neal         GB           6:15 a.m 7:7:10 a.m.         Flow Yoga         Amy         GC           6:30 a.m 7:25 a.m.         Les Mills BODYPUMP™         Laurie         GB           8:30 a.m 9:25 a.m.         Jumba         Ramon         GB           9:30 a.m 10:25 a.m.         Flow Yoga         Natalie         GA           9:30 a.m 10:25 a.m.         Orgalates         Jill         GC           9:30 a.m 10:25 a.m.         Morning Stretch & Strength         Stacy         GA           10:30 a.m 11:25 a.m.         Sculpt with Ball         Stacy         GB           10:30 a.m 11:25 a.m.         Flow Yoga         Cynthia         GC           11:30 a.m 12:30 p.m.         Tai Chi (\$\$) (Begins 1/18)         Jeffrey         GA           11:30 a.m 1:55 p.m.         Tai Chi (\$\$) (Begins 1/18)         Jeffrey         GA           1:00 p.m 7:45 p.m.         Aqua Plates         Christelle         IP			Robin	GB
Spin		<del> </del>		
6:15 a.m. − 7:10 a.m. 6:30 a.m. − 7:25 a.m. 8:30 a.m. − 9:25 a.m. 8:30 a.m. − 9:25 a.m. 9:30 a.m. − 10:25 a.m. 9:30 a.m. − 11:25 a.m. 10:30 a.m. − 12:30 p.m. 11:30 a.m. − 12:30 p.m. 12 cymba Toning 12 cymba Toning 13 cymba Toning 14 cymba Toning 15 cymba Toning 16 cymba Toning 17 cymba Toning 18 cymba Toning 19 cymba Toning 10 cymba Toning 11 cymba Toning 12 cymba Toning 13 cymba Toning 14 cymba Toning 15 cymba Toning 16 cymba Toning 16 cymba Toning 17 cymba Toning 18 cymba Toning 19 cymba Toning 10 cymba T		Cnin	Nool	CP
6:30 a.m. − 7:25 a.m.  8:30 a.m. − 9:25 a.m.  8:30 a.m. − 9:25 a.m.  9:30 a.m. − 10:25 a.m.  9:30 a.m. − 10:25 a.m.  9:30 a.m. − 10:25 a.m.  10:30 a.m. − 10:25 a.m.  10:30 a.m. − 11:25 a.m.  10:30 a.m. − 12:30 p.m.  11:30 a.m. − 12:30 p.m.  11:30 a.m. − 12:30 p.m.  11:00 p.m. − 1:55 p.m.  11:00 p.m. − 1:55 p.m.  12				-
8:30 a.m 9:25 a.m.         Zumba         Ramon         GB           8:30 a.m 10:25 a.m.         Flow Yoga         Natalie         GA           9:30 a.m 10:25 a.m.         Cyogalates         Jill         GC           9:30 a.m 10:25 a.m.         Circuit Training         Justin         GB           9:30 a.m 10:25 a.m.         Morning Stretch & Strength         Stacy         GB           10:30 a.m 11:25 a.m.         Sculpt with Ball         Stacy         GB           10:30 a.m 11:25 a.m.         Flow Yoga         Cynthia         GC           10:30 a.m 11:25 a.m.         Flow Yoga         Cynthia         GC           11:30 a.m 12:30 p.m.         Tai Chi (\$\$) (Begins 1/18)         Jeffrey         GA           11:30 a.m 12:30 p.m.         Zumba Toning         Ramon         GC           1:00 p.m 1:45 p.m.         Aqua Flex & Stretch         Roz         IP           7:00 p.m 7:45 p.m.         Aqua Flex & Stretch         Roz         IP           7:00 p.m 7:45 p.m.         Les Mills BODYPUMP & CXWORX™         Amy GC           8:15 a.m 8:55 p.m.         Les Mills BODYPUMP & CXWORX™         Neal           7:15 a.m 8:55 a.m.         Les Mills BODYPUMP™         Rachel           8:00 a.m 10:55 p.m.			•	
8:30a.m. − 9:25 a.m.	6:30 a.m. – 7:25 a.m.	Les Mills BODYPUMP™	Laurie	
9:30 a.m. − 10:25 a.m.       Yogalates       Jill       GC         9:30 a.m. − 10:25 a.m.       Circuit Training       Justin       GB         9:30 a.m. − 11:25 a.m.       Morning Stretch & Strength       Stacy       GB         10:30 a.m. − 11:25 a.m.       Flow Yoga       Cynthia       GC         10:30 a.m. − 12:30 p.m.       Tai Chi (\$\$) (Begins 1/18)       Jeffrey       GA         11:30 a.m. − 12:30 p.m.       Tai Chi (\$\$) (Begins 1/18)       Jeffrey       GA         11:30 a.m. − 12:30 p.m.       Zumba Toning       Ramon       GC         1:00 p.m. − 1:45 p.m.       Aqua Flex & Stretch       Roz       IP         7:00 p.m. − 7:45 p.m.       Aqua Pilates       Christelle       IP         7:00 p.m. − 7:45 p.m.       Aqua Pilates       Christelle       IP         7:00 p.m. − 7:55 p.m.       Les Mills BODYPUMP & CXWORX™       Amy       GB         TUESDAY         6:00 a.m. − 8:55 a.m.       Spin       Karolina       GB         7:15 a.m. − 8:10 a.m.       Spin       Karolina       GB         8:10 a.m. − 9:55 a.m.       Jes Mills BODYPUMP™       Rachel       GB         9:00 a.m. − 1:55 p.m.       Complete Cardio Conditioning       Rhoda       GB         10:00 a.m. − 1:	8:30 a.m. – 9:25 a.m.	Zumba	Ramon	GB
9:30 a.m. − 10:25 a.m.         Circuit Training         Justin         GB           9:30 a.m. − 10:25 a.m.         Morning Stretch & Strength         Stacy         GA           10:30 a.m. − 11:25 a.m.         Sculpt with Ball         Stacy         GB           10:30 a.m. − 11:25 a.m.         Creative Movement         Ramon         GA           11:30 a.m. − 12:30 p.m.         Tai Chi (\$\$) (Begins 1/18)         Jeffrey         GA           11:30 a.m. − 12:30 p.m.         Tai Chi (\$\$) (Begins 1/18)         Jeffrey         GA           1:00 p.m. − 1:45 p.m.         Aqua Flex & Stretch         Roz         IP           7:00 p.m. − 7:45 p.m.         Aqua Piates         Christelle         IP           7:00 p.m. − 7:55 p.m.         NIA         Aqua Piates         Christelle         IP           7:30 p.m. − 8:55 p.m.         Les Mills BODYPUMP & CXWORX™         Karolina         GB           8:00 a.m. − 6:50 a.m.         J Fit Challenge         Neal         GB           8:15 a.m. − 8:10 a.m.         Spin         Karolina         GB           9:00 a.m. − 10:55 p.m.         Flow Yoga         Lisa         GA           9:00 a.m. − 10:55 p.m.         Complete Cardio Conditioning         Rhoda         GB           10:00 a.m. − 11:55 p.m.         Stretch	8:30a.m. – 9:25 a.m.	Flow Yoga	Natalie	GA
9:30 a.m. − 10:25 a.m.         Circuit Training         Justin         GB           9:30 a.m. − 10:25 a.m.         Morning Stretch & Strength         Stacy         GA           10:30 a.m. − 11:25 a.m.         Sculpt with Ball         Stacy         GB           10:30 a.m. − 11:25 a.m.         Creative Movement         Ramon         GA           11:30 a.m. − 12:30 p.m.         Tai Chi (\$\$) (Begins 1/18)         Jeffrey         GA           11:30 a.m. − 12:30 p.m.         Tai Chi (\$\$) (Begins 1/18)         Jeffrey         GA           1:00 p.m. − 1:45 p.m.         Aqua Flex & Stretch         Roz         IP           7:00 p.m. − 7:45 p.m.         Aqua Piates         Christelle         IP           7:00 p.m. − 7:55 p.m.         NIA         Aqua Piates         Christelle         IP           7:30 p.m. − 8:55 p.m.         Les Mills BODYPUMP & CXWORX™         Karolina         GB           8:00 a.m. − 6:50 a.m.         J Fit Challenge         Neal         GB           8:15 a.m. − 8:10 a.m.         Spin         Karolina         GB           9:00 a.m. − 10:55 p.m.         Flow Yoga         Lisa         GA           9:00 a.m. − 10:55 p.m.         Complete Cardio Conditioning         Rhoda         GB           10:00 a.m. − 11:55 p.m.         Stretch	9:30 a.m. – 10:25 a.m.		Jill	GC
9:30 a.m. − 10:25 a.m.   Morning Stretch & Strength   Stacy   GA   10:30 a.m. − 11:25 a.m.   Flow Yoga   Cynthia   GC   10:30 a.m. − 11:25 a.m.   Creative Movement   Ramon   GA   11:30 a.m. − 12:30 p.m.   Tai Chi (\$\$) (Begins 1/18)   Jeffrey   GA   11:30 a.m. − 12:30 p.m.   Zumba Toning   Ramon   GC   11:30 a.m. − 12:30 p.m.   Zumba Toning   Ramon   GC   11:30 a.m. − 12:30 p.m.   Zumba Toning   Ramon   GC   11:30 a.m. − 12:30 p.m.   Aqua Flex & Stretch   Roz   IP   11:30 p.m. − 1:45 p.m.   Aqua Flex & Stretch   Roz   IP   11:30 p.m. − 1:45 p.m.   Aqua Pilates   Christelle   IP   11:30 p.m. − 1:55 p.m.   Aqua Pilates   Christelle   IP   12:30 p.m. − 8:55 p.m.   J Fit Challenge   Neal   GB   13:30 a.m. − 8:55 a.m.   Spin   Karolina   GB   14:30 a.m. − 8:55 a.m.   Flow Yoga   Lisa   GA   15:30 a.m. − 10:55 p.m.   Flow Yoga   Lisa   GA   16:30 a.m. − 10:55 p.m.   Flow Yoga   Amy   GC   16:30 a.m. − 10:55 p.m.   Flow Yoga   Amy   GC   17:30 a.m. − 11:55 a.m.   Complete Cardio Conditioning   Rhoda   GB   10:30 a.m. − 11:55 a.m.   Stretch   Rhoda   GC   11:30 a.m. − 11:55 a.m.   Stretch   Ramon   GC   12:30 p.m. − 12:25 p.m.   Stretch   Ramon   GC   12:30 p.m. − 12:55 p.m.   Stretch   Ramon   GC   12:30 p.m. − 12:55 p.m.   Spin   Eileen   GB   13:30 a.m. − 12:55 p.m.   Spin   Eileen   GB   13:30 a.m. − 12:25 p.m.   Spin   Eileen   GB   13:30 a.m. − 12:25 p.m.   Spin   Eileen   GB   13:30 a.m. − 12:25 a.m.   Les Mills BODYPUMP™   Laurie   GB   13:30 a.m. − 12:25 a.m.   Cardio Sculpt with Ball   Sandy   GB   13:30 a.m. − 12:25 a.m.   Fit Fusion   Sandy   GC   13:30 a.m. − 10:25 a.m.   Mat Pilates   Rhoda   GB   10:30 a.m. − 10:25 a.m.   Mat Pilates   Rhoda   GB   10:30 a.m. − 10:25 a.m.   Mat Pilates   Rhoda   GB   10:30 a.m. − 10:25 a.m.   Mat Pilates   Rhoda   GB   10:30 a.m. − 10:25 a.m.   Mat Pilates   Rhoda   GB   10:30 a.m. − 10:25 a.m.   Cardio Festorative Yoga   Kristen   GA   10:30 a.m. − 10:25 a.m.   Cardio Festorative Yoga   Kristen   GA   10:30 a.m. − 10:25 a.m.   Cardio Festorative Yoga   Kristen   GA			-	
10:30 a.m. − 11:25 a.m.   Sculpt with Ball   Stacy   GB     10:30 a.m. − 11:25 a.m.   Flow Yoga   Cynthia   GC     10:30 a.m. − 12:30 p.m.   Tai Chi (\$\$) (Begins 1/18)   Jeffrey   GA     11:30 a.m. − 12:30 p.m.   Tai Chi (\$\$) (Begins 1/18)   Jeffrey   GA     11:30 a.m. − 12:30 p.m.   Tai Chi (\$\$) (Begins 1/18)   Jeffrey   GA     11:30 a.m. − 12:30 p.m.   Tai Chi (\$\$) (Begins 1/18)   Jeffrey   GA     11:30 a.m. − 12:30 p.m.   Tai Chi (\$\$) (Begins 1/18)   Jeffrey   GA     11:30 a.m. − 1:45 p.m.   Aqua Flex & Stretch   Roz   IP     1:00 p.m. − 1:45 p.m.   Aqua Flex & Stretch   Roz   IP     1:00 p.m. − 7:45 p.m.   Aqua Flex & Stretch   Roz   IP     1:00 p.m. − 7:55 p.m.   Les Mills BODYPUMP & CXWORX™   Karolina   GB     10:00 a.m. − 6:50 a.m.   Spin   Karolina   GB     10:00 a.m. − 8:55 a.m.   Flow Yoga   Lisa   GA     10:00 a.m. − 10:55 p.m.   Flow Yoga   Lisa   GA     10:00 a.m. − 10:55 p.m.   Complete Cardio Conditioning   Rhoda   GB     10:00 a.m. − 10:55 p.m.   Stretch   Rhoda   GC     11:00 a.m. − 11:55 a.m.   Stretch   Rhoda   GC     11:00 a.m. − 12:25 p.m.   Stretch   Ramon   GC     12:00 p.m. − 12:55 p.m.   Stretch   Strength   Kristen   GA     12:00 p.m. − 12:55 p.m.   Stretch   Ramon   GC     12:00 p.m. − 12:55 p.m.   Stretch   Sandy   GB     10:00 a.m. − 10:25 p.m.   Spin   Eileen   GB     10:00 a.m. − 10:25 p.m.   Spin   Eileen   GB     10:00 a.m. − 10:25 a.m.   Les Mills BODYPUMP™   Laurie   GB     10:00 a.m. − 10:25 a.m.   Aqua Fit   Luci   IP     2:30 p.m. − 3:25 p.m.   Spin   Eileen   GB     3:30 a.m. − 9:25 a.m.   Les Mills BODYPUMP™   Laurie   GB     3:30 a.m. − 10:25 a.m.   Fit Fusion   Sandy   GC     9:30 a.m. − 10:25 a.m.   Mat Pilates   Rhoda   GB     10:00 a.m. − 10:25 a.m.   Mat Pilates   Rhoda   GB     10:00 a.m. − 10:25 a.m.   Mat Pilates   Rhoda   GB     10:00 a.m. − 10:25 a.m.   Mat Pilates   Rhoda   GB     10:00 a.m. − 10:25 a.m.				-
10:30 a.m. − 11:25 a.m.			,	-
10:30 a.m. − 11:25 a.m.  10:30 a.m. − 12:30 p.m.  11:30 a.m. − 12:30 p.m.  12:30 p.m.  13:30 a.m. − 12:30 p.m.  10:00 p.m. − 1:45 p.m.  10:00 p.m. − 1:55 p.m.  10:00 a.m. − 6:50 a.m.  10:00 a.m. − 8:55 a.m.  10:00 a.m. − 8:55 a.m.  10:00 a.m. − 10:55 p.m.  10:00 a.m. − 10:55 p.m.  10:00 a.m. − 10:55 p.m.  10:00 a.m. − 11:55 a.m.  10:00 a.m. − 11:55 a.m.  10:00 a.m. − 11:55 a.m.  10:00 a.m. − 11:55 p.m.  10:00 a.m. − 12:25 p.m.  10:00 p.m. − 12:55 p.m				-
11:30 a.m. — 12:30 p.m.       Tai Chi (\$\$) (Begins 1/18)       Jeffrey       GA         11:30 a.m. — 12:30 p.m.       Zumba Toning       Ramon       GC         1:00 p.m. – 1:45 p.m.       Aqua Flex & Stretch       Roz       IP         7:00 p.m. – 1:45 p.m.       Aqua Pilates       Christelle       IP         7:00 p.m. – 7:55 p.m.       NIA       Amy       GC         7:30 p.m. – 8:55 p.m.       Les Mills BODYPUMP & CXWORX™       Karolina       GB         TUESDAY         6:00 a.m. – 6:50 a.m.       J Fit Challenge       Neal       GB         7:15 a.m. – 8:10 a.m.       Spin       Karolina       GB         8:00 a.m. – 8:55 a.m.       Flow Yoga       Lisa       GA         8:15 a.m. – 8:55 a.m.       Les Mills BODYPUMP™       Rachel       GB         9:00 a.m. – 10:55 p.m.       Complete Cardio Conditioning       Rhoda       GB         10:00 a.m. – 10:55 p.m.       Flow Yoga       Amy       GC         11:00 a.m. – 11:55 a.m.       Stretch       Rhoda       GC         11:00 a.m. – 12:25 p.m.       Women's Yoga Stretch & Strength       Kristen       GA         12:00 p.m. – 12:55 p.m.       Stretch       Ramon       GC         12:00 p.m. – 1:45 p.m.       Aqua Fi				
11:30 a.m.—12:30 p.m.       Zumba Toning       Ramon       GC         1:00 p.m. − 1:45 p.m.       Aqua Flex & Stretch       Roz       IP         7:00 p.m. − 7:45 p.m.       Aqua Pilates       Christelle       IP         7:00 p.m. − 7:55 p.m.       NIA       Amy       GC         7:30 p.m. − 8:55 p.m.       Les Mills BODYPUMP & CXWORX™       Karolina       GB         TUESDAY         6:00 a.m. − 6:50 a.m.       J Fit Challenge       Neal       GB         8:15 a.m. − 8:10 a.m.       Spin       Karolina       GB         8:00 a.m. − 8:55 a.m.       Flow Yoga       Lisa       GA         8:15 a.m. − 8:55 a.m.       Les Mills BODYPUMP™       Rachel       GB         9:00 a.m. − 9:55 a.m.       Les Mills BODYPUMP™       Rachel       GB         9:00 a.m. − 10:55 p.m.       Complete Cardio Conditioning       Rhoda       GB         10:00 a.m. − 10:55 p.m.       Flow Yoga       Amy       GC         11:00 a.m. − 11:55 a.m.       Stretch       Rhoda       GC         11:00 a.m. − 11:55 a.m.       Zumba Step       Ramon       GB         10:00 p.m. − 12:55 p.m.       Stretch       Ramon       GC         12:00 p.m. − 12:55 p.m.       Senior Fit       Sandy				
1:00 p.m. − 1:55 p.m. 1:00 p.m. − 1:45 p.m. Aqua Flex & Stretch Roz IP 7:00 p.m. − 7:45 p.m. Aqua Flex & Stretch Roz IP 7:00 p.m. − 7:45 p.m. Aqua Flex & Stretch Roz IP 7:00 p.m. − 7:55 p.m. Aqua Pilates Christelle IP Amy GC 7:30 p.m. − 8:55 p.m. Les Mills BODYPUMP & CXWORX™ Karolina GB 7:15 a.m. − 6:50 a.m. Spin Sin Sin Sin Sin Sin Sin Sin Sin Sin S			,	_
1:00 p.m 1:45 p.m. Aqua Flex & Stretch Roz IP 7:00 p.m 7:45 p.m. Aqua Pilates Christelle IP 7:00 p.m 7:45 p.m. NIA Amy GC 7:30 p.m 8:55 p.m. Les Mills BODYPUMP & CXWORX™ Karolina GB  TUESDAY 6:00 a.m 6:50 a.m. Spin Karolina GB 8:00 a.m 8:55 a.m. Flow Yoga Lisa GA 8:15 a.m 8:55 a.m. Les Mills BODYPUMP™ Rachel GB 9:00 a.m 9:55 a.m. Weights and Plates Rhoda GB 10:00 a.m 10:55 p.m. Complete Cardio Conditioning Rhoda GB 10:00 a.m 10:55 p.m. Flow Yoga Amy GC 11:00 a.m 11:55 a.m. Stretch Rhoda GC 11:00 a.m 11:55 a.m. Zumba Step Ramon GB 11:00 p.m 12:25 p.m. Stretch Ramon GC 12:00 p.m 12:55 p.m. Senior Fit Sandy GB 1:00 p.m 1:45 p.m. Senior Fit Sandy GB 1:00 p.m 1:45 p.m. Spin Eileen GB 1:00 p.m 7:25 p.m. Spin Eileen GB 1:00 p.m 1:25 p.m. Spin Spin Eileen GB 1:00 p.m 1:25 p.m. Spin Spin Eileen GB 1:00 p.m 1:25 p.m. Spin Spin Spin Eileen GB 1:00 p.m 1:25 p.m. Spin Spin Spin Spin Spin Spin Spin Spin	11:30 a.m.—12:30 p.m.		Ramon	GC
7:00 p.m 7:45 p.m.         Aqua Pilates         Christelle Amy         GC           7:30 p.m 8:55 p.m.         Les Mills BODYPUMP & CXWORX™         Karolina         GB           TUESDAY           6:00 a.m 6:50 a.m.         J Fit Challenge         Neal         GB           7:15 a.m 8:10 a.m.         Spin         Karolina         GB           8:00 a.m 8:55 a.m.         Flow Yoga         Lisa         GA           8:15 a.m 9:55 a.m.         Les Mills BODYPUMP™         Rachel         GB           9:00 a.m 9:55 a.m.         Weights and Plates         Rhoda         GB           10:00 a.m 10:55 p.m.         Complete Cardio Conditioning         Rhoda         GB           10:00 a.m 10:55 p.m.         Flow Yoga         Amy         GC           11:00 a.m 11:55 a.m.         Stretch         Rhoda         GC           11:00 a.m 11:55 a.m.         Zumba Step         Ramon         GB           11:00 a.m 12:25 p.m.         Stretch         Ramon         GC           12:00 p.m 12:55 p.m.         Stretch         Ramon         GC           12:00 p.m 12:55 p.m.         Senior Fit         Sandy         GB           1:00 p.m 1:45 p.m.         Aqua Fit         Luci         IP </td <td>1:00 p.m. – 1:55 p.m.</td> <td>Balance with Strength</td> <td>Luci</td> <td>GB</td>	1:00 p.m. – 1:55 p.m.	Balance with Strength	Luci	GB
7:00 p.m 7:55 p.m.         NIA         Amy         GC           7:30 p.m 8:55 p.m.         Les Mills BODYPUMP & CXWORX™         Amy         GC           TUESDAY           6:00 a.m 6:50 a.m.         J Fit Challenge         Neal         GB           7:15 a.m 8:10 a.m.         Spin         Karolina         GB           8:00 a.m 8:55 a.m.         Flow Yoga         Lisa         GA           8:15 a.m 8:55 a.m.         Les Mills BODYPUMP™         Rachel         GB           9:00 a.m 9:55 a.m.         Weights and Plates         Rhoda         GB           10:00 a.m 10:55 p.m.         Complete Cardio Conditioning         Rhoda         GB           10:00 a.m 11:55 a.m.         Stretch         Rhoda         GC           11:00 a.m 11:55 a.m.         Stretch         Rhoda         GC           11:00 a.m 12:25 p.m.         Zumba Step         Ramon         GB           11:00 a.m 12:25 p.m.         Stretch         Ramon         GC           12:00 p.m 12:55 p.m.         Stretch         Ramon         GC           12:00 p.m 12:55 p.m.         Senior Fit         Sandy         GB           1:00 p.m 3:25 p.m.         Spin         Eileen         GB	1:00 p.m 1:45 p.m.	Agua Flex & Stretch	Roz	ΙP
7:00 p.m. − 7:55 p.m.         NIA         Amy         GC           7:30 p.m.− 8:55 p.m.         Les Mills BODYPUMP & CXWORX™         Karolina         GB           TUESDAY           6:00 a.m. − 6:50 a.m.         J Fit Challenge         Neal         GB           7:15 a.m. − 8:10 a.m.         Spin         Karolina         GB           8:00 a.m. − 8:55 a.m.         Flow Yoga         Lisa         GA           8:15 a.m. − 8:55 a.m.         Les Mills BODYPUMP™         Rachel         GB           9:00 a.m. − 10:55 a.m.         Weights and Plates         Rhoda         GB           10:00 a.m. − 10:55 p.m.         Complete Cardio Conditioning         Rhoda         GB           10:00 a.m. − 11:55 a.m.         Stretch         Rhoda         GC           11:00 a.m. − 11:55 a.m.         Zumba Step         Ramon         GB           11:00 a.m. − 12:25 p.m.         Women's Yoga Stretch & Strength         Kristen         GA           12:00 p.m. − 12:25 p.m.         Stretch         Ramon         GC           12:00 p.m. − 12:55 p.m.         Senior Fit         Sandy         GB           1:00 p.m. − 1:45 p.m.         Aqua Fit         Luci         IP           2:30 p.m. − 3:25 p.m.         Spin         Eileen         GB	7:00 p.m 7:45 p.m.	Agua Pilates	Christelle	ΙP
T:30 p.m.− 8:55 p.m.         Les Mills BODYPUMP & CXWORX™         Karolina         GB           TUESDAY         6:00 a.m. − 6:50 a.m.         J Fit Challenge         Neal         GB           7:15 a.m. − 8:10 a.m.         Spin         Karolina         GB           8:00 a.m. − 8:55 a.m.         Flow Yoga         Lisa         GA           8:15 a.m. − 8:55 a.m.         Les Mills BODYPUMP™         Rachel         GB           9:00 a.m. − 9:55 a.m.         Weights and Plates         Rhoda         GB           10:00 a.m. − 10:55 p.m.         Complete Cardio Conditioning         Rhoda         GB           10:00 a.m. − 10:55 p.m.         Flow Yoga         Amy         GC           11:00 a.m. − 11:55 a.m.         Stretch         Rhoda         GC           11:00 a.m. − 11:55 a.m.         Zumba Step         Ramon         GB           11:00 a.m. − 12:25 p.m.         Zumba Step         Ramon         GB           12:00 p.m. − 12:25 p.m.         Stretch         Ramon         GC           12:00 p.m. − 12:55 p.m.         Stretch         Ramon         GC           12:00 p.m. − 1:45 p.m.         Aqua Fit         Luci         IP           2:30 p.m. − 7:25 p.m.         Spin         Eileen         GB           6:30 p.m. −		•		GC
TUESDAY           6:00 a.m. − 6:50 a.m.         J Fit Challenge         Neal         GB           7:15 a.m. − 8:10 a.m.         Spin         Karolina         GB           8:00 a.m. − 8:55 a.m.         Flow Yoga         Lisa         GA           8:15 a.m. − 8:55 a.m.         Les Mills BODYPUMP™         Rachel         GB           9:00 a.m. − 9:55 a.m.         Weights and Plates         Rhoda         GB           10:00 a.m. − 10:55 p.m.         Complete Cardio Conditioning         Rhoda         GB           10:00 a.m. − 10:55 p.m.         Flow Yoga         Amy         GC           11:00 a.m. − 11:55 a.m.         Stretch         Rhoda         GC           11:00 a.m. − 11:55 a.m.         Zumba Step         Ramon         GB           11:00 a.m. − 12:25 p.m.         Stretch         Ramon         GC           12:00 p.m. − 12:55 p.m.         Stretch         Ramon         GC           12:00 p.m. − 12:55 p.m.         Senior Fit         Sandy         GB           1:00 p.m. − 1:45 p.m.         Aqua Fit         Luci         IP           2:30 p.m. − 3:25 p.m.         Spin         Eileen         GB           6:30 p.m. − 7:25 p.m.         Spin         Eileen         GB           7:30 p.				
6:00 a.m. − 6:50 a.m.  7:15 a.m. − 8:10 a.m.  Spin  Spin  Karolina  GB  8:00 a.m. − 8:55 a.m.  Flow Yoga  Lisa  GA  8:15 a.m. − 8:55 a.m.  Les Mills BODYPUMP™  Rachel  GB  9:00 a.m. − 10:55 p.m.  Complete Cardio Conditioning  Rhoda  GB  10:00 a.m. − 10:55 p.m.  Flow Yoga  Amy  GC  11:00 a.m. − 11:55 a.m.  Stretch  Rhoda  GC  11:00 a.m. − 11:55 a.m.  Zumba Step  Ramon  GB  11:00 p.m. − 12:25 p.m.  Stretch  Ramon  GC  12:00 p.m. − 12:55 p.m.  Senior Fit  Sandy  GB  1:00 p.m. − 12:55 p.m.  Senior Fit  Sandy  GB  1:00 p.m. − 12:55 p.m.  Senior Fit  Sandy  GB  1:00 p.m. − 1:45 p.m.  Aqua Fit  Luci  IP  2:30 p.m. − 7:25 p.m.  Spin  Spin  Eileen  GB  Megan  GB  WEDNESDAY  6:00 a.m. − 6:55 a.m.  Les Mills BODYPUMP™  Laurie  GB  8:30 a.m. − 9:25 a.m.  Zumba Gold  Andrea  GC  9:30 a.m. − 10:25 a.m.  Mat Pilates  Rhoda  GB  Kristen  GA  Arristen  GB  Andrea  GC  Sandy  GB  Sandy  GC  Sand				
7:15 a.m. − 8:10 a.m.       Spin       Karolina       GB         8:00 a.m. − 8:55 a.m.       Flow Yoga       Lisa       GA         8:15 a.m. − 8:55 a.m.       Les Mills BODYPUMP™       Rachel       GB         9:00 a.m. − 9:55 a.m.       Weights and Plates       Rhoda       GB         10:00 a.m. − 10:55 p.m.       Complete Cardio Conditioning       Rhoda       GB         10:00 a.m. − 10:55 p.m.       Flow Yoga       Amy       GC         11:00 a.m. − 11:55 a.m.       Stretch       Rhoda       GC         11:00 a.m. − 11:55 a.m.       Zumba Step       Ramon       GB         11:00 a.m. − 11:55 a.m.       Zumba Step       Ramon       GB         11:00 a.m. − 12:25 p.m.       Women's Yoga Stretch & Strength       Kristen       GA         12:00 p.m. − 12:55 p.m.       Stretch       Ramon       GC         12:00 p.m. − 12:55 p.m.       Senior Fit       Sandy       GB         1:00 p.m. − 1:45 p.m.       Aqua Fit       Luci       IP         2:30 p.m. − 3:25 p.m.       Spin       Eileen       GB         7:30 p.m. − 8:25 p.m.       Spin       Eileen       GB         8:30 a.m. − 9:25 a.m.       Les Mills BODYPUMP™       Laurie       GB         8:30 a.m. − 9:25 a.m		I Fit Challenge	Neal	GB
8:00 a.m. − 8:55 a.m.  8:15 a.m. − 8:55 a.m.  9:00 a.m. − 9:55 a.m.  Weights and Plates  Rhoda  GB  10:00 a.m. − 10:55 p.m.  Complete Cardio Conditioning  Rhoda  GB  10:00 a.m. − 10:55 p.m.  Flow Yoga  Amy  GC  11:00 a.m. − 10:55 p.m.  Stretch  Rhoda  GC  11:00 a.m. − 11:55 a.m.  Stretch  Ramon  GB  11:00 a.m. − 12:25 p.m.  Women's Yoga Stretch & Strength  Kristen  GA  12:00 p.m. − 12:55 p.m.  Senior Fit  Sandy  GB  1:00 p.m. − 1:45 p.m.  Aqua Fit  2:30 p.m. − 3:25 p.m.  Yogalates on the Ball  Megan  GB  1:00 p.m. − 1:25 p.m.  Spin  Flow Yoga  Amy  GC  Rhoda  GC  Ramon  GB  Ramon  GC  Ramon  GB  Ramon  GC  Ramon  GB  R				_
8:15 a.m. − 8:55 a.m.  9:00 a.m. − 9:55 a.m.  Weights and Plates  Rhoda  GB  10:00 a.m. − 10:55 p.m.  Complete Cardio Conditioning  Rhoda  GB  10:00 a.m. − 10:55 p.m.  Flow Yoga  Amy  GC  11:00 a.m. − 11:55 a.m.  Stretch  Rhoda  GC  11:00 a.m. − 11:55 a.m.  Zumba Step  Ramon  GB  11:00 a.m. − 12:25 p.m.  Women's Yoga Stretch & Strength  Kristen  GA  12:00 p.m. − 12:55 p.m.  Senior Fit  Sandy  GB  1:00 p.m. − 1:45 p.m.  Aqua Fit  2:30 p.m. − 3:25 p.m.  Yogalates on the Ball  6:30 p.m. − 7:25 p.m.  Spin  Fileen  GB  WEDNESDAY  6:00 a.m. − 6:55 a.m.  Les Mills BODYPUMP™  Eaurie  GB  8:30 a.m. − 9:25 a.m.  Cardio Sculpt with Ball  Sandy  GB  1:000a.m. − 10:25 a.m.  Mat Pilates  Rhoda  GB  Kristen  GB  Ramon  GC  Ramon  GB  Andrea  GB  GB  GB  GB  GB  GB  GB  GB  GB  G				-
9:00 a.m. − 9:55 a.m.  10:00 a.m. − 10:55 p.m.  10:00 a.m. − 10:55 p.m.  10:00 a.m. − 10:55 p.m.  Flow Yoga  Amy  GC  11:00 a.m. − 11:55 a.m.  Stretch  Stretch  Cumble Step  Ramon  GB  11:00 a.m. − 11:55 a.m.  Zumba Step  Ramon  GB  Ramon  GC  Ramon  GB  Ramon  Ramon  GB  Ramon  GB  Ramon  GB  Ramon  GB  Ramon  GB  R				
10:00 a.m. − 10:55 p.m.       Complete Cardio Conditioning       Rhoda       GB         10:00 a.m. − 10:55 p.m.       Flow Yoga       Amy       GC         11:00 a.m. − 11:55 a.m.       Stretch       Rhoda       GC         11:00 a.m. − 11:55 a.m.       Zumba Step       Ramon       GB         11:00 a.m. − 12:25 p.m.       Women's Yoga Stretch & Strength       Kristen       GA         12:00 p.m. − 12:55 p.m.       Stretch       Ramon       GC         12:00 p.m. − 12:55 p.m.       Senior Fit       Sandy       GB         1:00 p.m. − 1:45 p.m.       Aqua Fit       Luci       IP         2:30 p.m. − 3:25 p.m.       Yogalates on the Ball       Megan       GB         6:30 p.m. − 7:25 p.m.       Spin       Eileen       GB         7:30 p.m. − 8:25 p.m.       Zumba       Jonelle       GB         WEDNESDAY       Les Mills BODYPUMP™       Laurie       GB         8:30 a.m. − 9:25 a.m.       Cardio Sculpt with Ball       Sandy       GB         8:30 a.m. − 9:25 a.m.       Zumba Gold       Andrea       GC         9:30 a.m. − 10:25 a.m.       Mat Pilates       Rhoda       GB         10:00a.m. − 10:55a.m.       Women's Restorative Yoga       Kristen       GA         10				-
10:00 a.m. − 10:55 p.m. Flow Yoga Amy GC 11:00 a.m. − 11:55 a.m. Stretch Rhoda GC 11:00 a.m. − 11:55 a.m. Zumba Step Ramon GB 11:00 a.m. − 12:25 p.m. Women's Yoga Stretch & Strength Kristen GA 12:00 p.m. − 12:55 p.m. Senior Fit Sandy GB 1:00 p.m. − 12:55 p.m. Senior Fit Luci IP 2:30 p.m. − 3:25 p.m. Yogalates on the Ball Megan GB 6:30 p.m. − 7:25 p.m. Spin Eileen GB 7:30 p.m. − 8:25 p.m. Zumba Jonelle GB  WEDNESDAY 6:00 a.m. − 6:55 a.m. Les Mills BODYPUMP™ Laurie GB 8:30 a.m. − 9:25 a.m. Cardio Sculpt with Ball Sandy GB 8:30 a.m. − 10:25 a.m. Fit Fusion Sandy GC 9:30 a.m. − 10:25 a.m. Mat Pilates Rhoda GB 10:00 a.m. − 10:55 a.m. Women's Restorative Yoga Kristen GA 10:30 a.m. − 10:55 a.m. Cardio Fusion Rhoda GB	9:00 a.m. – 9:55 a.m.	Weights and Plates	Rhoda	GB
11:00 a.m. − 11:55 a.m.       Stretch       Rhoda       GC         11:00 a.m. − 11:55 a.m.       Zumba Step       Ramon       GB         11:00 a.m. − 12:25 p.m.       Women's Yoga Stretch & Strength       Kristen       GA         12:00 p.m. − 12:55 p.m.       Stretch       Ramon       GC         12:00 p.m. − 12:55 p.m.       Senior Fit       Sandy       GB         1:00 p.m. − 1:45 p.m.       Aqua Fit       Luci       IP         2:30 p.m. − 3:25 p.m.       Yogalates on the Ball       Megan       GB         6:30 p.m. − 7:25 p.m.       Spin       Eileen       GB         7:30 p.m. − 8:25 p.m.       Zumba       Jonelle       GB         WEDNESDAY         6:00 a.m. − 6:55 a.m.       Les Mills BODYPUMP™       Laurie       GB         8:30 a.m. − 9:25 a.m.       Cardio Sculpt with Ball       Sandy       GB         8:30 a.m. − 9:25 a.m.       Fit Fusion       Sandy       GC         9:30 a.m. − 10:25 a.m.       Mat Pilates       Rhoda       GB         10:00a.m. − 10:55a.m.       Women's Restorative Yoga       Kristen       GA         10:30 a.m. − 11:25 a.m.       Cardio Fusion       Rhoda       GB	10:00 a.m. – 10:55 p.m.	Complete Cardio Conditioning	Rhoda	GB
11:00 a.m. − 11:55 a.m.       Stretch       Rhoda       GC         11:00 a.m. − 11:55 a.m.       Zumba Step       Ramon       GB         11:00 a.m. − 12:25 p.m.       Women's Yoga Stretch & Strength       Kristen       GA         12:00 p.m. − 12:55 p.m.       Stretch       Ramon       GC         12:00 p.m. − 12:55 p.m.       Senior Fit       Sandy       GB         1:00 p.m. − 1:45 p.m.       Aqua Fit       Luci       IP         2:30 p.m. − 3:25 p.m.       Yogalates on the Ball       Megan       GB         6:30 p.m. − 7:25 p.m.       Spin       Eileen       GB         7:30 p.m. − 8:25 p.m.       Zumba       Jonelle       GB         WEDNESDAY         6:00 a.m. − 6:55 a.m.       Les Mills BODYPUMP™       Laurie       GB         8:30 a.m. − 9:25 a.m.       Cardio Sculpt with Ball       Sandy       GB         8:30 a.m. − 9:25 a.m.       Fit Fusion       Sandy       GC         9:30 a.m. − 10:25 a.m.       Mat Pilates       Rhoda       GB         10:00a.m. − 10:55a.m.       Women's Restorative Yoga       Kristen       GA         10:30 a.m. − 11:25 a.m.       Cardio Fusion       Rhoda       GB	10:00 a.m. – 10:55 p.m.	Flow Yoga	Amy	GC
11:00 a.m. − 11:55 a.m.       Zumba Step       Ramon       GB         11:00 a.m. − 12:25 p.m.       Women's Yoga Stretch & Strength       Kristen       GA         12:00 p.m. − 12:55 p.m.       Stretch       Ramon       GC         12:00 p.m. − 12:55 p.m.       Senior Fit       Sandy       GB         1:00 p.m. − 1:45 p.m.       Aqua Fit       Luci       IP         2:30 p.m. − 3:25 p.m.       Yogalates on the Ball       Megan       GB         6:30 p.m. − 7:25 p.m.       Spin       Eileen       GB         7:30 p.m. − 8:25 p.m.       Zumba       Jonelle       GB         WEDNESDAY         6:00 a.m. − 6:55 a.m.       Les Mills BODYPUMP™       Laurie       GB         8:30 a.m. − 9:25 a.m.       Cardio Sculpt with Ball       Sandy       GB         8:30 a.m. − 10:25 a.m.       Fit Fusion       Sandy       GC         9:30 a.m. − 10:25 a.m.       Mat Pilates       Rhoda       GB         10:00a.m. − 10:55a.m.       Women's Restorative Yoga       Kristen       GA         10:30 a.m. − 11:25 a.m.       Cardio Fusion       Rhoda       GB			•	GC
11:00 a.m. − 12:25 p.m.       Women's Yoga Stretch & Strength       Kristen       GA         12:00 p.m. − 12:55 p.m.       Stretch       Ramon       GC         12:00 p.m. − 12:55 p.m.       Senior Fit       Sandy       GB         1:00 p.m. − 1:45 p.m.       Aqua Fit       Luci       IP         2:30 p.m. − 3:25 p.m.       Yogalates on the Ball       Megan       GB         6:30 p.m. − 7:25 p.m.       Spin       Eileen       GB         7:30 p.m. − 8:25 p.m.       Zumba       Jonelle       GB         WEDNESDAY         6:00 a.m. − 6:55 a.m.       Les Mills BODYPUMP™       Laurie       GB         8:30 a.m. − 9:25 a.m.       Cardio Sculpt with Ball       Sandy       GB         8:30 a.m. − 9:25 a.m.       Zumba Gold       Andrea       GC         9:30 a.m. − 10:25 a.m.       Fit Fusion       Sandy       GC         9:30 a.m. − 10:25 a.m.       Mat Pilates       Rhoda       GB         10:30 a.m. − 10:55a.m.       Women's Restorative Yoga       Kristen       GA         10:30 a.m. − 11:25 a.m.       Cardio Fusion       Rhoda       GB				
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7:30 p.m. − 8:25 p.m.         Zumba         Jonelle         GB           WEDNESDAY           6:00 a.m. − 6:55 a.m.         Les Mills BODYPUMP™         Laurie         GB           8:30 a.m. − 9:25 a.m.         Cardio Sculpt with Ball         Sandy         GB           8:30 a.m. − 9:25 a.m.         Zumba Gold         Andrea         GC           9:30 a.m. − 10:25 a.m.         Fit Fusion         Sandy         GC           9:30 a.m. − 10:25 a.m.         Mat Pilates         Rhoda         GB           10:00a.m. − 10:55a.m.         Women's Restorative Yoga         Kristen         GA           10:30 a.m. − 11:25 a.m.         Cardio Fusion         Rhoda         GB	2:30 p.m. – 3:25 p.m.	Yogalates on the Ball	Megan	GB
WEDNESDAY           6:00 a.m. − 6:55 a.m.         Les Mills BODYPUMP™         Laurie         GB           8:30 a.m. − 9:25 a.m.         Cardio Sculpt with Ball         Sandy         GB           8:30 a.m. − 9:25 a.m.         Zumba Gold         Andrea         GC           9:30 a.m. − 10:25 a.m.         Fit Fusion         Sandy         GC           9:30 a.m. − 10:25 a.m.         Mat Pilates         Rhoda         GB           10:00a.m. − 10:55a.m.         Women's Restorative Yoga         Kristen         GA           10:30 a.m. − 11:25 a.m.         Cardio Fusion         Rhoda         GB			Eileen	
WEDNESDAY           6:00 a.m. − 6:55 a.m.         Les Mills BODYPUMP™         Laurie         GB           8:30 a.m. − 9:25 a.m.         Cardio Sculpt with Ball         Sandy         GB           8:30 a.m. − 9:25 a.m.         Zumba Gold         Andrea         GC           9:30 a.m. − 10:25 a.m.         Fit Fusion         Sandy         GC           9:30 a.m. − 10:25 a.m.         Mat Pilates         Rhoda         GB           10:00a.m. − 10:55a.m.         Women's Restorative Yoga         Kristen         GA           10:30 a.m. − 11:25 a.m.         Cardio Fusion         Rhoda         GB	7:30 p.m. – 8:25 p.m.	Zumba	Jonelle	GB
6:00 a.m. − 6:55 a.m.  8:30 a.m. − 9:25 a.m.  Cardio Sculpt with Ball  Sandy  GB  8:30 a.m. − 9:25 a.m.  Zumba Gold  Andrea  GC  9:30 a.m. − 10:25 a.m.  Fit Fusion  Sandy  GC  9:30 a.m. − 10:25 a.m.  Mat Pilates  10:00a.m. − 10:55a.m.  Women's Restorative Yoga  10:30 a.m. − 11:25 a.m.  Cardio Fusion  Rhoda  GB	WEDNESDAY			
8:30 a.m 9:25 a.m.       Cardio Sculpt with Ball       Sandy       GB         8:30 a.m 9:25 a.m.       Zumba Gold       Andrea       GC         9:30 a.m 10:25 a.m.       Fit Fusion       Sandy       GC         9:30 a.m 10:25 a.m.       Mat Pilates       Rhoda       GB         10:00a.m 10:55a.m.       Women's Restorative Yoga       Kristen       GA         10:30 a.m 11:25 a.m.       Cardio Fusion       Rhoda       GB		Les Mills BODYPUMP™	Laurie	GB
8:30 a.m 9:25 a.m.       Zumba Gold       Andrea       GC         9:30 a.m 10:25 a.m.       Fit Fusion       Sandy       GC         9:30 a.m 10:25 a.m.       Mat Pilates       Rhoda       GB         10:00a.m 10:55a.m.       Women's Restorative Yoga       Kristen       GA         10:30 a.m 11:25 a.m.       Cardio Fusion       Rhoda       GB				
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10:30 a.m. – 11:25 a.m. Cardio Fusion Rhoda GB				
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11:00 a.m. – 12:00 p.m. Power Pilates w/ Props Susan GC		Power Pilates w/ Props	Susan	GC
11:30 a.m. – 12:25 p.m. Triple Fitness Cynthia GB	11:30 a.m 12:25 p.m.	Triple Fitness	Cynthia	GB

WEDNESDAY (continued)			
1:00 p.m. – 1:45 p.m.	Aqua Flex and Stretch	Roz	IP
1:00 p.m. – 2:00 p.m.	Spin + Abs	Gail	GB
2:00 p.m. – 2:55 p.m.	Flow Yoga	Amy	GC
7:00 p.m. – 7:55 p.m.	H20 Aerobics	_aurie	ΙP
7:15 p.m. – 8:15 p.m.	Les Mills BODYPUMP™ I	Karolina	GB
7:30 p.m. – 8:30 p.m.		Diiana	GC
8:15 p.m. – 8:45 p.m.		Karolina	GB
THURSDAY			
6:00 a.m. – 6:55 a.m.	J Fit Challenge	Cristi	GB
7:15 a.m. – 8:10 a.m.	Spin	Karolina	GB
8:00 a.m. – 9:00 a.m.	Flow Yoga	Lisa	GA
8:15 a.m. – 8:55 a.m	Les Mills BODYPUMP™	Rachel	GB
8:30 a.m. – 9:25 a.m.	Zumba Gold	Andrea	GC
9:00 a.m. – 9:25 a.m.	Express Core Camp	Stacy	GB
9:30 a.m. – 10:25 p.m.	20/20/20	Jill	GB
9:30 a.m. – 10:55 p.m.	Flow Yoga	Robin	GC
10:30 a.m. – 11:15 a.m.	Fusion Stretch	Jill	GB
11:30 a.m. – 12:30 p.m.	Drop in Circuit	Justin	GB
12:00 p.m. – 12:55 p.m.	Zumba Toning	Andrea	GC
1:00 p.m. – 1:45 p.m.	Aqua Fitness	Luci	IP
2:30 p.m. – 3:25 p.m.	Yogalates on the Ball	Megan	GB
5:00 p.m. – 6:15 p.m.	Extended Flow	Jessie	GB
6:30 p.m. – 7:25 p.m.	Spin	Raul	GB
7:30 p.m. – 8:25 p.m.	J Fit Challenge	Justin	GB
	Evening Yoga	Robin	GC
7:00 p.m. – 8:25 p.m. FRIDAY	Everillig Toga	RODITI	GC
6:15 a.m. – 7:15 a.m.	Iron Fit Spin	Raul	GB
8:00 a.m. – 8:55 a.m.	Flow Yoga	Kristen	GC
8:15 a.m. – 9:10 a.m	Les Mills BODYPUMP™	Rachel	GB
9:00 a.m. – 9:25 a.m.			GC
	Yoga/Stretch	Kristen	GYM
9:00 a.m. – 10:00 a.m.	Zumba Toning	Ramon	GB
9:30 a.m. – 10:25 a.m.	Circuit Training	Justin	-
10:30 a.m. – 11:25 a.m.	Triple Fitness	Susan	GC
10:30 a.m.–11:25 a.m.	Balance & Strength	Luci	GB
11:30 a.m.–12:15 p.m.	Butts & Guts	Sandy	GB
11:30 a.m. – 12:25 p.m.	Pilates Basic	Susan	GC
11:30 a.m. – 12:30 p.m.	Tai Chi Adults w/ Arthritis (\$\$)(Begins 1/29)		GA
12:20 p.m. – 1:15 p.m.	Tone Up / Shape Up	Christelle	GB
1:00 p.m. – 1:45 p.m.	Aqua Flex and Stretch	Roz	IP
2:00 p.m. – 3:15 p.m.	Extended Flow	Jessie	GB
SATURDAY			
7:15 a.m. – 8:00 a.m.	Spin	Neal	GB
8:00 a.m. – 8:30 a.m.	Abs	Neal	GB
8:40 a.m. – 9:25 a.m.	Spin	Neal	GB
9:30 a.m. – 10:45 a.m.	Yogalates	Laurie	GB
10:00 a.m. – 11:00 a.m.	Zumba (Begins 1/16)	Lauren	GC
11:00 a.m. – 12:00 p.m.	Les Mills BODYPUMP™	Karolina	GB
12:00 p.m. – 12:30 p.m.	Les Mills CXWORX <sup>TM</sup>	Karolina	GB
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## Schedule subject to change. For the most current schedule please check <a href="https://www.jccgw.org">www.jccgw.org</a>

Group Studio A   GA (Formerly Dance Studio)	Group Studio B   GB (Formerly Group Ex Studio)	Group Studio C   GC (Formerly Rec Station)
Indoor Pool   IP	Gymnasium   GYM	\$\$ Additional fee for

class

Stay up to date with the latest Group Exercise news. To sign up for email notifications, please contact Megan Riggs at <a href="mriggs@jccgw.org">mriggs@jccgw.org</a> or 301-348-3891. For text message updates, visit <a href="www.jccgw.org/textalerts">www.jccgw.org/textalerts</a>.

**CLASS DESCRIPTIONS:** 20/20/20 or 30/30 mix of cardio, strength and flexibility for 20 or 30-minute intervals. ♥ AQUA FIT: This cardiovascular workout in the pool is set to music while still being easy on the joints. This class is designed to increase flexibility and muscle tone. 🗇 😊 AQUA FLEX & STRETCH: A gentle workout in pool with emphasis on using all the muscles and joints to gain strength and flexibility. ③ AQUA PILATES: Shallow water aerobics fused with movements from land Pilates. Get wet and wild for core work, strength and conditioning! Good for all fitness levels © BALANCE & STRENGTH: No floor work required! All work is performed sitting in a chair, ball or against a wall. Class includes gait awareness, strength, stretches & body alignment work. 🗇 😊 BODY PUMP: The ultimate in strength training. BODYPUMP will shape and tone muscle groups, increase bone density & burn up to 600 calories per class! BUTTS & GUTS: Only have 45 minutes? Need to strengthen your core? This class gets your heart rate up, while working all the core muscles. ◎ ▼ CARDIO CORE POWER: This Dynamic class focuses on core strengthening with cardio intervals 🗇 😊 CARDIO FUSION: This class combines all things cardio in a blend that keeps you guessing and your heart pumping ♥ CARDIO SCULPT W/ BALL: Cardio and floor exercises using fitness balls of various sizes to sculpt your body while you get your heart pumping. • CARDIOVASCULAR BELLY BARRE: This is an all level class that focuses on building strength and endurance. Half of the class is conditioning, half build coordination and speed. See Section 19. CIRCUIT TRAINING: 3 round of combined strength, cardio and core focused moves to tone your body head to toe. ▶♥ CREATIVE MOVEMENT: Learn more about your body as you move to your own beat in this low impact free spirited class COMPLETE CARDIO CONDITIONING: This class is designed as a total body workout using intervals of high/low impact aerobics and strength training. ⊚ ▼ CXWORX: A 30-minute class consisting of abdominal exercises. This intense, advanced abs workout will use several techniques to strengthen your core. DROP IN CIRCUIT: Four circuits of exercises that last about 15 minutes each with a short warm up and cool down, do as many circuits as you want, to target arms, legs and abs. EVENING YOGA: This class will bring mind, body and breath into balance while improving strength, flexibility and energy. © EXPRESS CORE CAMP: A 30-minute workout that focuses on the muscles of the abdomen and stabilization and movement systems of the core. ⊚ ▼ EXTENDED FLOW: Build strength and endurance as you hold the poses and connect your breath to your body. © 🕈 FIT FUSION: Get a complete body workout using a variety of fitness equipment to strengthen all the muscles. ♥ ▶ FLOW YOGA: A Yoga class designed to build awareness of breath and the body while continuously moving. The teacher will encourage rest period and modifications if needed. © INTERVAL TRAINING & STRETCH: 30 minutes of strength, cardio, and core and 30 minutes of yoga and Pilates, with a short relaxation period at the end of class. © 🗇 IRON FIT SPIN: An advanced spinning class which emphasizes cycling technique and cardiovascular endurance aimed at the athlete in everyone! Come challenge yourself! 🕈 J FIT CHALLENGE: This class will challenge you with intervals of cardio, strength, agility and balance! This is a non-stop, high-intensity workout for advanced-level fitness lovers! 🔻 > MAT PILATES: A series of exercises designed to improve posture, core strength, flexibility, breathing, concentration and focus derived from Joseph Pilates. © MORNING STRENGTH & STRETCH: This class is a combination of strength training, core work and stretching. Light weights will be used and yoga and Pilates will be done. NIA: This is a great, spirited workout for all fitness levels. Continuous low-impact movements make for a joint-easy, excellent cardio workout! © • PILATES BASICS: This class focuses on Pilates Fundamentals, proper movements and modifications. 10 MINUTE START TIME POLICY POWER PILATES W/ PROPS: A challenging whole body workout to tone and sculpt using Pilates mat exercises and various props. ♥ ▶ SCULPT w/BALL: Tone and strengthen your entire body in this sculpting class that incorporates fitness balls and hand weights. Enjoy easy moves with gre **SENIOR FIT:** A fitness class designed for seniors or participants that want to work on building strength and balance. SPIN: If you enjoy bike riding and the indoor workout, this class is right for you! Work up a sweat while riding indoors! SPIN + ABS: Rev up your metabolism with an interval ride, followed by an intense core workout! ▼ STRETCH & STRENGTH: Stretches & core strength exercises along with strength training. ©

For your safety and the safety of others, please do not enter a group exercise class while the program is in session. Participants have already warmed up. By joining after the program has begun, you're putting yourself at risk for injury. Classes close 10 minutes after the scheduled start time.

- TONE UP & SHAPE UP: Functional fitness building strength in all muscle groups with special emphasis on strengthening your core & keeping you flexible. © **TRIPLE FITNESS:** 20 minutes each of cardio, strength and core work for one complete workout! ♥
- WEIGHTS AND PLATES: A heart pumping strength training workout using a variety of equipment. ©
- WOMEN'S RESTORATIVE YOGA: A gentle, therapeutic Yoga class for women, sometimes using props, to ease the body into balance. ©

FUSION STRETCH: This class includes basic stretching and Yoga movements to aid in restoration and recovery of the body. ©

WOMEN'S YOGA STRETCH & STRENGTH: A 90 minute Yoga class for women that combines flowing poses with an extended cool down. Level 2 ▶

TAI CHI: The ancient Chinese martial art of Tai Chi uses gentle flowing movements to reduce the stress of a busy lifestyle and improve health. (\$\$) ©

- YOGALATES: Combines core strengthening of Pilates and the flexibility and relaxation of Yoga. ©
- YOGALATES ON THE BALL: Strengthen your "core and have a ball learning both Pilates and Yoga poses using an exercise ball to help strengthen and realign your core.
- YOGA/STRETCH: A 45-minute express stretch class using Yoga poses and universal stretching movements. ©
- **ZUMBA:** A high energy dance class that mixes great moves and music to a Latin beat. ◎ ♥
- ZUMBA GOLD: Perfect for active older adults who are looking for a modified Zumba® class that recreates the original moves you love at a lower-intensity!
- ZUMBA STEP: Increase your cardio to burn extra calories while adding moves that define and sculpt your core and legs to fun World rhythms! ▼
- **ZUMBA TONING:** Zumba dance moves with hand weights to sculpt and tone to upbeat Latin music.

- ♥ Heart Pumping
- ▶ Advanced Level
- ♦ Age 60+
- O All Levels