

**WINTER ~ 2015 (JAN - APR)**

CLASS TIME	SUN.	MON.	TUES.	WED.	THURS.	FRI.	SAT.
5:45AM		BOOT CAMP Cathy	STEP Cathy	BOOT CAMP Tracy	BARBELL STRENGTH Michele T.	BOOT CAMP Cathy	
8AM		LOW IMPACT AEROBICS Gina	STRENGTHEN & STRETCH Gina	ZUMBA Gina	STRENGTHEN & STRETCH Gina	LOW IMPACT AEROBICS Gina	BARBELL STRENGTH Brandi
9AM		BODY SHAPER Wendy	YOGA Wendy	STEP April D.	BOOT CAMP Wendy	BODY BOSU Wendy	PILATES Tracy
10AM	BOOT CAMP Monica (10:30)	YOGA Wendy	BODY SHAPER Wendy	BARBELL STRENGTH Sara	YOGA Wendy	BODY SHAPER April D.	YOGA Rebecca (10:15)
11AM		ZUMBA LITE Lynda		ZUMBA LITE Lynda	ZUMBA LITE Lynda		
Noon							
1PM	YOGA Rotating 1hr 15 min						
4:30PM		ZUMBA Tina	BODY SHAPER Tiffany	PILATES Deb	BARBELL STRENGTH Deb	ZUMBA Lynda	
5:30PM		KICKBOXING Jenn M.	BODY SHAPER April D.	ZUMBA Ester	BODY SHAPER April D.		
6:30PM		BODY SHAPER Jenn M.		PILATES Darrell	H.I.I.T Usman		

**WINTER ~ 2015 (JAN - APR)**

CLASS TIME	SUN.	MON.	TUES.	WED.	THURS.	FRI.	SAT.
5:45AM			PILATES Tracy		YOGA Rae/Jennifer		
8AM			BASIC YOGA Michele So.		BASIC YOGA Michele So.		
9AM							KICKBOXING Brandi
10AM				PILATES Katie			
11AM							
Noon				Qi Gong Mary L.			
2PM							
4:30PM		BOOT CAMP Tiffany	STEP April D.		SWEAT SHOP Michele T.		
5:30PM		PILATES RoseMarie		BOOT CAMP VJ	YOGA Elina		
6:30PM		YOGA Elina	PILATES April D.	BODY SHAPER Tina			