

FITNESS CLASS SCHEDULE

monday

6 A.M.	PLYOMETRICS FOR SPORTS	STUDIO
6:30 A.M.	SPIN & CORE	SPIN ROOM
8 A.M.	TRX	STUDIO
9 A.M.	SPIN	SPIN ROOM
9 A.M.	BODY SCULPT	STUDIO
10 A.M.	GENTLE YOGA	STUDIO
11 A.M.	SPORT PILATES	STUDIO
11:15 A.M.	AQUATONE	GARDEN POOL
4:30 P.M.	BOX & STRETCH	STUDIO

thursday

6:30 A.M.	SPIN & CORE	SPIN ROOM
8 A.M.	BARRE PILATES	STUDIO
9 A.M.	TABATA	STUDIO
10:30 A.M.	ZUMBA	STUDIO
11:15 A.M.	AQUATONE	GARDEN POOL
5 P.M.	YOGA & SOUND	STUDIO

tuesday

6:30 A.M.	SPIN & CORE	SPIN ROOM
8 A.M.	BARRE PILATES	STUDIO
9 A.M.	SUPER CIRCUIT	STUDIO
10:30 A.M.	ZUMBA	STUDIO
11:15 A.M.	AQUATONE	GARDEN POOL
11:30 A.M.	STRETCH & TONE	STUDIO
1 P.M.	YOGA SOUND MEDITATION	CLUB DESK
5 P.M.	YOGA & SOUND	STUDIO

friday

6 A.M.	PLYOMETRICS FOR SPORTS	STUDIO
6:30 A.M.	SPIN & CORE	SPIN ROOM
8 A.M.	POWER BOXING	STUDIO
9 A.M.	BOOTY BOOTCAMP	STUDIO
9 A.M.	SPIN	SPIN ROOM
9 A.M.	30 MIN GOLF STRETCH	PATIO
10 A.M.	TRX	STUDIO
11 A.M.	YOGA & BREATHWORK	STUDIO
11:15 A.M.	AQUA CIRCUIT	GARDEN POOL
4 P.M.	YOGA, ALL LEVELS	STUDIO

wednesday

6 A.M.	PLYOMETRICS FOR SPORTS	STUDIO
6:30 A.M.	SPIN & CORE	SPIN ROOM
8 A.M.	GUIDED WALK & TONE	CLUB DESK
9 A.M.	SPIN	SPIN ROOM
9 A.M.	BODY SCULPT	STUDIO
10 A.M.	GENTLE YOGA	STUDIO
11 A.M.	TRX	STUDIO
11:15 A.M.	AQUATONE	GARDEN POOL
4:30 P.M.	BOX & STRETCH	STUDIO

saturday

9 A.M.	POWER BOXING	STUDIO
10 A.M.	FAMILY YOGA	CLUB DESK
10 A.M.	CARDIO SCULPT & CORE	STUDIO
11 A.M.	DEEP STRETCH	STUDIO
11:15 A.M.	AQUATONE	GARDEN POOL

sunday

9 A.M.	BOOT CAMP	STUDIO
10 A.M.	YOGA, ALL LEVELS	STUDIO
11 A.M.	YOGA NIDRA AROMA & SOUND	STUDIO
11:15 A.M.	AQUATONE	GARDEN POOL

Classes are 50 mins unless noted otherwise.
Schedule is subject to change. Call the club desk at
ext. 7474 to learn more.