

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00AM-7:00AM CROSS TRAINING PILATES & STRENGTH w/ Laurie	6:00AM-7:00AM CROSS TRAINING (CARDIO) w/ Laurie	6:00AM- 7:00AM CROSS TRAINING PILATES & STRENGTH w/ Laurie	6:00AM-7:00AM CROSS TRAINING (CARDIO) w/ Laurie		
8:00AM-8:15AM ABS w/ Laurie	7:30 AM -8:15AM CORE&FLOOR (BALCONY) W/Sandy 8:15AM- 8:30 Stretching w/ Sandy	8:00AM-8:15AM ABS w/ Laurie	7:30 AM -8:15AM CORE&FLOOR (BALCONY) W/Sandy 8:15AM- 8:30 Stretching w/ Sandy		
8:15AM-9:15AM YOGA w/ Jackie	8:15AM-9:00AM STABILITY YOGA BALL TRAINING w/ Coleen B	8:15AM-9:15AM YOGA w/ Jackie	8:15AM-9:00AM STABILITY YOGA BALL TRAINING w/ Coleen B		
9:15AM-10:15AM EASY DOES IT w/ Amberleigh	9:15AM-9:45AM JUST DANCE w/ Laurie	9:15AM-10:15AM EASY DOES IT w/ Amberleigh	9:15AM-9:45AM JUST DANCE w/ Laurie	9:15AM-10:15AM EASY DOES IT w/ Coleen B	
10:15AM-11:00AM LABLAST w/ Amberleigh	10:00AM-11:00AM CLASSIC YOGA w/ Coleen B	10:15 AM -11:00 AM Pilates W/Amberleigh	10:00AM-11:00AM CLASSIC YOGA w/ Coleen B	10:15AM-11:00AM PILATES w/ Amberleigh	10:00 AM-11:00AM MIX IT UP w/ Amberleigh
12:10PM-1:00PM SPIN w/ Amberleigh	11:00AM-12:00PM CHAIR YOGA w/ Coleen B	12:10PM-1:00PM CROSS TRAINING w/ Amberleigh	11:00AM-12:00PM SIT AND BE FIT (STRENGTH/ROM) w/ Coleen B		
		1:30PM-3:00PM LINE DANCING w/ Colleen K	12:10PM-1:00PM SPIN w/ Laurie		
6:00PM-7:00PM PILATES /Weight Workout w/ Sam	6:00PM-7:00PM MIX IT UP w/ Amberleigh	4:00PM-5:00PM MIX IT UP w/ Laurie	6:30PM-8:30PM LINE DANCING w/ Colleen K		
		6:00PM-7:00PM PILATES / Weight Workout w/ Sam	Classes are included with your membership!		

Please Note: ALL CLASSES ARE HELD IN THE STUDIO UNLESS OTHERWISE NOTED.