

MON.	TUES.	WED.	THURS.	FRI.	SAT.	SUN.
BOOT CAMP Deb 6:00 am 60 Min Lvl 3	BOOT CAMP Ken 6:00 am Upper Deck 60 Min Lvl 3	EARLY AM CHALLENGE Kristen 6:00 am 60 Min Lvl ML	BOOT CAMP Ken 6:00 am / Fitness 60 Min Lvl 3	BOOT CAMP Deb 6:00 am / Fitness 60 Min Lvl 3	TRIPLE FIT Kelly 8:00 am 75 Min Lvl 3	CROSS TRAIN CHALLENGE Ken 9:00 am 75 Min Lvl ML
CARDIO INTERVAL Donna 8:00 am 60 Min Lvl ML	SERIOUS CYCLE David K 6:15 am 60 Min Lvl 1	CROSS TRAIN CHALLENGE Deb 6:00 am / Fitness 60 Min Lvl ML	SERIOUS CYCLE Dave K 6:15 am 60 Min Lvl 3	HI LOW EXPLOSION Kristen 6:00 am 60 Min Lvl ML	SERIOUS CYCLE Dave K 8:00 am 90 Min Lvl 3	JUMP & JAM Laurie 12:00 pm 90 Min Lvl ML
Cycle Dave 9:00 am 60 Min Lvl ML	STRETCH* Paulette R. 7:00 am 60 Min Lvl ML	HEART SPIN Danny 6:15 am 60 Min Lvl ML	INTENSE STEP Kristen 7:45 am 60 Min Lvl ML	CARDIO INTERVAL Donna 8:00 am 60 Min Lvl ML	ULTIMATE FITNESS Rebecca / Paulette S. 9:15 am 75 Min Lvl 2	FIT KIDS Laurie 1:30 pm 60 Min Lvl ML
KUKUWA DANCE Beth 9:00 am 60 Min Lvl ML	CORE & MORE* Paulette R. 8:00 am 60 Min Lvl ML	CORE & MORE Gayle 8:00 am 60 Min Lvl 2	BODY BLAST Kelly 9:00 am 60 Min Lvl ML	SERIOUS CYCLE Dave K 9:00 am 60 Min Lvl ML	CARDIO DANCE Donna 10:30 am 60 Min Lvl 2	
ULTIMATE FITNESS Rebecca 10:00 am 60 Min Lvl 3	BODY BLAST Kelly 9:00 am 60 Min Lvl ML	SERIOUS CYCLE Dave 9:00 am 60 Min Lvl ML	BALLESTONE* Rebecca 10:00 am 60 Min Lvl ML	ULTIMATE FITNESS Paulette S. 9:00 am 60 Min Lvl 3		
MUSCLE HUSTLE* Michael 11:00 am 60 Min Lvl ML	ULTIMATE FITNESS Garry 10:00 am 60 Min Lvl ML	BODY BLAST Gayle 9:00 am 60 Min Lvl ML	MUSCLE HUSTLE* Mike 11:00 am 60 Min Lvl ML	BODY BLAST Kelly 10:00 am 60 Min Lvl ML		
YOUTH MARTIAL ARTS 3:30 pm RB 120 Min Lvl ML	CORE FIT/STRETCH* Deb 11:30 am 60 Min Lvl ML	ULTIMATE FITNESS Garry 10:00 am 60 Min Lvl 3	YOUTH CONDITIONING Rich 4:00 pm RB 60 Min Ages 8-13	MUSCLE HUSTLE* Donna 11:00 am 60 Min Lvl 1		
BELLY DANCING Annie 5:30 pm 60 Min Lvl ML	BE FIT, BE WELL* NEW CLASS! Suzanne 1:30 pm 60 Min Lvl ML	MUSCLE HUSTLE* Michael 11:00 am 60 Min Lvl ML	KUKUWA DANCE NEW CLASS! Beth 4:30 pm 60 Min Lvl ML	YOUTH CONDITIONING Karim 4:00 pm RB 60 Min Ages 8-13		
HEART SPIN Danny 6:00 pm 60 Min Lvl 3	YOUTH CONDITIONING Rich 4:00 pm RB 60 Min Ages 8-13	CORE FIT INTERMEDIATE Deb 12:30 pm 60 Min Lvl ML	CORE FIT INTERMEDIATE TBA 5:30 pm 60 Min Lvl 1	CROSS TRAIN CHALLENGE Karim 5:30 pm 60 Min /Fitness		
CROSS TRAIN CHALLENGE Steve 6:30 pm 60 Min Lvl ML	SERIOUS CYCLE Dave K. 5:30 pm 60 Min Lvl 3	YOUTH MARTIAL ARTS 3:30 pm RB 120 Min Lvl ML	HEART SPIN NEW FORMAT! Danny 6:00 pm 60 Min Lvl 2	BELLY DANCING Andrea / Katayoun Higher Music Volume 6:00 pm 60 Min Lvl ML		
	ULTIMATE FITNESS Sarah 5:15 pm 60 Min Lvl ML	CROSS TRAIN CHALLENGE Steve 5:30 pm 60 Min Lvl ML	ULTIMATE FITNESS* Janice 6:30 pm 60 Min Lvl ML			
	MUSCLE UP Ginny 6:15 pm 60 Min Lvl ML	SERIOUS CYCLE Dave K. 6:00 pm 60 Min Lvl 1				
	MAX AB ENDURANCE Ginny 7:15 pm 15 Min Lvl ML	ULTIMATE FITNESS* Maria 6:30 pm 60 Min Lvl ML				
		ZUMBA Elvie 7:30 pm 60 Min Lvl ML				

Plan Your Summer Fitness Program
 ~See Fitness Dept For Info~
 ~NOTE~
***Seniorcise Classes**
 (Senior Friendly)

MARTIAL ARTS
 Mondays and Wednesdays
3:30 - 4 PM
 Ages 3-5
 ◆
4 - 4:40 PM
 Ages 6-8
 ◆
4:40 - 5:30 PM
 Ages 9 - Teen

PR = Play Room
RB = Racquet Ball Area
TBA = To Be Announced

Please Note: 9, 10, 11 AM Classes, Zumba & Kukuwa Classes - Music Higher Volume

L1 = Beginners
 L2 = Intermediate
 L3 = Advanced
 ML = Beginners - Intermediate