Fitness Class Schedule (January 5 - May 31)

	Monday					Tue	sday		Wednesday				
	Power Studio	Mindful Studio	Cycle	Activity Pool	Power Studio	Mindful Studio	Cycle	Activity Pool	Power Studio	Mindful Studio	Cycle	Activity Pool	
5:15 a.m.			Cycle JB								Cycle JB		
*6:00 a.m.	High Fitness Ashley	Strength Courtney	Cycle (6: 30am) Renae	Shallow Aerobics Jodi DeAnna SUB	UpBeat Lift Halley		Cycle Marilyn Jones	Aqua Zumba Karen	High Fitness Bridgett	Pump Strength Leslie	Cycle (6: 30am) Sarah	Shallow Aerobics Jodi DeAnna SUB	
7:00 a.m.						UpBeat Pilates Makelle							
8:00 a.m.						Yoga Phoebe						Aqua Zumba Rian	
*9:30 a.m.	Zumba Cassie	UpBeat Barre Katie	Cycle Lacee	Aqua Zumba Michelle W	High Fitness Liz	Strength Sarah	Cycle Lindsey C	FitCity Splash Renae	UJAM Nicole	Strength Megan	Cycle Lindsay S		
10:30 a.m.					Silver Sneakers Nancy				Zumba Michelle W				
11:30 a.m.										Tai Chi (Jan 14th) Vinetta			
4:30 p.m.		Kids Yoga (5-10 years old) Hannah								Kids Yoga (5-10 years old) Kiery			
*7:00 p.m.	High Fitness Shelby	UpBeat Pilates Jackie			Zumba Katherina	HIIT Training Marissa	Cycle Lindsay S		High Fitness Shelby	Upbeat Barre Jackie			
8:00 p.m.		Yoga DeAnna				Sound Bath Shirley				Yoga Restore Lindsay S			

Fitness Class Schedule (January 5 - May 31)

		Thui	rsday			Fri	day		Saturday				
	Power Studio	Mindful Studio	Cycle	Activity Pool	Power Studio	Mindful Studio	Cycle	Activity Pool	Power Studio	Mindful Studio	Cycle	Activity Pool	
5:15 a.m.							Cycle LeeAnn						
*6:00 a.m.	Surge Strength Laura		Cycle Marilyn Jones	Aqua HIIT Teasha	High Fitness Ashley	Pump Strength Leslie		Shallow Aerobics Jodi DeAnna SUB					
7:00 a.m.		UpBeat Pilates Makelle			Strength Sarah	UpBeat Pilates Lauren M.			Strength Training Shirley R			Shallow Aerobics Renae	
8:00 a.m.									Zumba Desree				
*9:30 a.m.	High Fitness Liz		Cycle Lindsey C	FitCity Splash Renae	Zumba Michelle W	Surge Fit Sharidan	Cycle Karrissa	Aqua Zumba Desree	High Fitness Shelby	Barre Mady	Cycle Michelle L	Aqua Zumba Rian	
10:30 a.m.	Silver Sneakers Nancy	Yoga Phoebe								Yoga Hannah			
11:30 a.m.													
4:30 p.m.													
*7:00 p.m.	Zumba Katherina	Pump <mark>Marissa</mark>	Cycle Lindsay S										
8:00 p.m.		Gentle Yoga Shenole											