

Fitness Class Schedule (January 5 - May 31)

	Monday				Tuesday				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) Renaë	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 Laceë	Aqua Zumba Michelle W	High Fitness Liz	Strength Sarah	Cycle Lindsey C	FitCity Splash Renaë	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		

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