Key:		Group Fitness (Meets in the Group Exercise Studio)		Cycling (Meets in the Cycling Studio)		Aquatic (Meets in the Pool)		Mind/Body (Meets in the Multi-Purpose Room)		Notes:	* Classes & Instructors are subject to change. ** Classes may be cancelled due to low attendance. *** Exercising at your own level is always encouraged.	
Monday		**Tuesday**		**Wednesday**		**Thursday**		**Friday**		**Saturday**		**Sunday**
8:30 AM	**Body Sculpting (Jane)**	**9:30 AM**	**Body Sculpting (Riley)**	**8:30 AM**	**Dynamic Definition (Jane)**	**8:15 AM**	**Zumba Tone (Denise C.)**	**8:30 AM**	**Body Sculpting (Tammy)**	**9:00 AM**	**Combination Training (Denise)**	**9:00 AM**	**Aqua Motion (Cathy)**
9:30 AM	**Combination Training (Lauryn)**	**10:30 AM**	**Bootcamp (Riley)**	**9:30 AM**	**Bootcamp (Riley)**	**9:30 AM**	**BeMoved (Leigh)**	**9:30 AM**	**Bone Builders (Phyllis)**	**10:15 AM**	**Zumba (Denise C.)**		
10:30 AM	**Senior Express (Mike)**	**11:30 AM**	**Zumba (Riley)**	**10:30 AM**	**Senior Express (Leigh)**	**10:30 AM**	**TRX Bootcamp (Riley) *(Fitness Floor)***	**10:30 AM**	**Low Impact Cardio (Alvina)**	**10:00 AM**	**Aqua Motion (Staff)**		
11:30 AM	**Strength & Motion (Mike)**	**11:30 AM**	**Senior Bootcamp (Mike) *(Fitness Floor)***	**11:30 AM**	**Strength & Motion (Donna) *(Fitness Floor)***	**10:30 AM**	**Dynamic Definition (Belinda)**	**6:30 PM**	**Zumba (Riley)**	**11:00 AM**	**Aqua Zumba (Riley)**		
6:00 PM	**Dynamic Sculpting (Dawn)**	**5:15 PM**	**Hard Core Core (Dawn)**	**6:00 PM**	**Combination Training (Theodore)**	**11:30 AM**	**Strength & Motion (Denise C.)**	**9:30 AM**	**Cycling (Dawn)**				
7:00 PM	**BeMoved (Leigh)**	**6:00 PM**	**Line Dancing (Riley)**	**7:00 PM**	**BeMoved (Leigh)**	**6:00 PM**	**Zumba (Denise C.)**	**9:15 AM**	**Aqua Tabata (Sandi)**				
9:30 AM	**Cycling (Dawn)**	**7:00 PM**	**Step & Tone (Riley)**	**10:30 AM**	**Cycling (Dawn)**	**9:30 AM**	**Cycling (Theodore)**	8:00 AM	Gentle Yoga (Marria)				
10:30 AM	**Silver Cycle (Ron)**	**8:15 AM**	**Cycle (Theodore)**	**5:30 PM**	**Cycling (JoJo)**	**6:00 PM**	**Cycle "55" (Ron)**	9:30 AM	Pilates Bootcamp (Mike)				
5:30 PM	**Cycling (JoJo)**	**6:00 PM**	**Cycling (Dawn)**	**9:30 AM**	**New Wave Strength (Donna)**	**8:15 AM**	**Aqua Motion (Alvina)**	10:30 AM	Flexibility Formula (Mike)				
9:00 AM	**Aqua Motion (Kelly)**	**8:15 AM**	**Aqua Motion (Denise C.)**	**10:30 AM**	**Ab-Solution Walking Workout (Sandi)**	**9:15 AM**	**Generation Aqua (Coach Cool)**						
5:00 PM	**Aqua Motion (Cathy)**	**9:15 AM**	**Gen. Aqua (Coach Cool)**	**5:00 PM**	**Aqua Tabata (Sandi)**	**10:15 AM**	**Aqua Motion (Dawn)**						
8:00 AM	Morning Stretch (Leigh)	**10:15 AM**	**Aqua Motion (Belinda)**	7:30 AM	Morning Stretch (Pam)	**4:10 PM**	**Ab-Solution Walking Workout (Cathy)**						
9:00 AM	Yoga for Every "BODY" (Ron)	**4:10 PM**	**Ab-Solution Walking (Cathy)**	8:30 AM	Pilates Bootcamp (Mike)	**6:00 PM**	**Aqua Motion (Cathy)**						
10:30 AM	Flexibility Formula (Dawn)	**6:00 PM**	**Aqua Motion (Cathy)**	9:30 AM	Flexibility Formula (Dawn)	8:00 AM	Silver Pilates (Virginia)						
11:30 AM	Yoga for Every "BODY" (Virginia)	8:00 AM	Silver Pilates (Virginia)	11:30 AM	Yoga for Every "BODY" (Virginia)	9:00 AM	Foam Rolling (Jane)						
5:30 PM	Yoga Core & More (Michael C.)	8:55 AM	Pilates Express (Virginia)	6:00 PM	6 Pack Abs & More (Alvina)	10:30 AM	Tai Chi (Alex)						
7:00 PM	Flexibility Formula (Dawn)	9:30 AM	Gentle Yoga (Ron)	7:00 PM	Flexibility Formula (Alvina)	**5:30 PM**	Yoga Basics (Tammy)						
		10:30 AM	Flexibility Formula (Mike)			**6:00 PM**	Power Vinyasa Flow Yoga (Tammy)						
		4:30 PM	Yoga for Every "BODY" (Virginia)										
		5:30-6:15 PM	Absolute Ball (Anne)										
		6:20-7:15 PM	PiYo (Anne)										