



EFFECTIVE: July 1st 2024

# GROUP FITNESS

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
5:00a	<b>LES MILLS BODYCOMBAT</b> Jessica	<b>LES MILLS BODYPUMP</b> Melody	<b>LES MILLS BODYCOMBAT</b> Jessica	<b>LES MILLS BODYPUMP</b> Cristina	<b>POWER HOUR</b> Noel		
8:15a	<b>T.B.C.</b> Chris	<b>REP 45</b> Noel	<b>LES MILLS BODYCOMBAT</b> Melody	<b>REP 45</b> Emmanuel	<b>ZUMBA</b> Jenny	<b>LES MILLS BODYCOMBAT</b> Ara 8:00	
9:15a	<b>LES MILLS BODYPUMP</b> Noel	<b>T.B.C.</b> Michelle	<b>LES MILLS BODYPUMP</b> Sheree	<b>T.B.C.</b> Chris	<b>LES MILLS BODYPUMP</b> Sheree	<b>ZUMBA</b> Rachel	
10:30a	<b>YOGA</b> Michelle	<b>YOGA</b> Michelle	<b>YOGA</b> Cindi	<b>YOGA</b> Chris	<b>YOGA</b> Chris	<b>LES MILLS BODYPUMP</b> Rachel	
11:30a	<b>HEALTHWAYS Silver Sneakers</b> Michelle	<b>HEALTHWAYS Silver Sneakers</b> Chris	<b>HEALTHWAYS Silver Sneakers</b> Noel	<b>HEALTHWAYS Silver Sneakers</b> Page	<b>HEALTHWAYS Silver Sneakers</b> Jay	<b>YOGA</b> Kanisha 11:45	<b>ZUMBA</b> Ariel 1:30
4:30p	<b>Core</b> Rachel	<b>LES MILLS BODYPUMP 45</b> Noel	<b>Core</b> Michelle	<b>LES MILLS BODYPUMP 45</b> Ara	<b>ZUMBA</b> Lorena		
5:35p	<b>ZUMBA</b> Ariel	<b>LES MILLS BODYCOMBAT</b> Stacee	<b>T.B.C.</b> Michelle 5:30	<b>LES MILLS BODYCOMBAT</b> Stacee/Melody	<b>LES MILLS BODYPUMP</b> Jocelyn		
6:40p	<b>BUTTS &amp; GUTS</b> Michele M	<b>LES MILLS BODYPUMP</b> Jocelyn	<b>YOGA</b> Talisha	<b>ZUMBA</b> Christina			

GROUP FITNESS ROOM

	Mon	Tues	Wed	Thurs	Fri
10:30a	<b>AQUA SPLASH</b> Jenny	<b>AQUA SPLASH</b> Emmanuel	<b>AQUA SPLASH</b> Emmanuel	<b>AQUA SPLASH</b> Michelle	<b>AQUA SPLASH</b> Jenny
5:30p	<b>AQUA SPLASH</b> Michelle	<b>AQUA SPLASH</b> Tammy	<b>AQUA SPLASH</b> Jenny	<b>AQUA SPLASH</b> Lauryn/Michelle	

POOL

	Mon	Tues	Wed	Thurs	Fri	Sat
5:00a	<b>LES MILLS RPM</b> Tammy		<b>LES MILLS RPM</b> Misty		<b>LES MILLS RPM</b> Tammy	
8:15a	<b>LES MILLS RPM</b> Afton				<b>LES MILLS RPM</b> Stephanie	
9:15a		<b>LES MILLS RPM</b> Patty		<b>LES MILLS RPM</b> Patty		<b>LES MILLS RPM</b> Deena
5:30p	<b>LES MILLS RPM</b> Misty		<b>LES MILLS RPM</b> Deena			

CYCLING ROOM

	Mon	Tues	Wed	Thurs	Fri
8:15a		<b>Pilates</b> Page	<b>YOGA</b> Noel	<b>Pilates</b> Page	
9:15a	<b>Barre</b> Page		<b>Barre</b> Page		<b>Barre</b> Chris
5:30p		<b>YOGA</b> Chris/Cindi		<b>YOGA</b> Noel	

YOGA PILATES ROOM