



GROUP FITNESS

EFFECTIVE: November 1st

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
5:00a		LES MILLS BODYPUMP Melody		LES MILLS BODYCOMBAT Alternating	REP 45 Noel		
8:15a	T.B.C. Noel	REP 45 Noel	YOGA Noel	REP 45 Emmanuel	LES MILLS BODYCOMBAT Melody	LES MILLS BODYCOMBAT Ara (8:00)	
9:15a	LES MILLS BODYPUMP Noel	T.B.C. Chris	StepFit Sheree	T.B.C. Noel (45 min)	LES MILLS BODYPUMP Sheree	ZUMBA Rachel	
10:30a	YOGA Tommasina	YOGA Chris	YOGA Cindi	YOGA Tommasina	YOGA Michelle L.	LES MILLS BODYPUMP Rachel	
11:30a	<small>HEALTHWAYS</small> SilverSneakers Chris <i>circuit</i>	<small>HEALTHWAYS</small> SilverSneakers Chris <i>Classic</i>	<small>HEALTHWAYS</small> SilverSneakers Noel <i>circuit</i>	<small>HEALTHWAYS</small> SilverSneakers Noel <i>Classic</i>	<small>HEALTHWAYS</small> SilverSneakers Jay <i>Yoga</i>	YOGA Kanisha (11:45)	ZUMBA Kelly (2:00)
4:30p	Core Emmanuel	LES MILLS BODYPUMP 45 Ara	ZUMBA Kelly	LES MILLS BODYPUMP 45 Ara	ZUMBA Lorena		REP 45 Kelly (3:15)
5:35p	ZUMBA Ariel	LES MILLS BODYCOMBAT Stacee	LES MILLS BODYPUMP LaToya	LES MILLS BODYCOMBAT Stacee	LES MILLS BODYPUMP Jocelyn		
6:40p	BUTTS & GUTS Michele M	LES MILLS BODYPUMP Jocelyn	YOGA Talisha	ZUMBA Christina	DANCEfit Ariel		

GROUP FITNESS ROOM

	Mon	Tues	Wed	Thurs	Fri
10:30a	AQUA SPLASH Jenny	AQUA SPLASH Emmanuel	AQUA SPLASH Emmanuel	AQUA SPLASH Jenny	AQUA SPLASH Emmanuel
5:30p	AQUA SPLASH Zouie	AQUA SPLASH Tammy	AQUA SPLASH Zouie	AQUA SPLASH Lauryn/Misty	

POOL

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

CYCLING ROOM

	Mon	Tues	Wed	Thurs	Fri
8:15a	Core 45 Emmanuel		Core 45 Emmanuel	Core 45 Noel	Core 45 Afton
9:15a	Pilates Tommasina (45 min)			Pilates Tommasina (45 min)	Pilates Michelle L (45 min)
4:30p		Pilates Tommasina (45 min)		Pilates Michelle L (45 min)	
5:30p		YOGA Tommasina		YOGA Michelle L.	

YOGA PILATES ROOM