



EFFECTIVE: December 1st

GROUP FITNESS

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
5:00a		LES MILLS BODYPUMP Melody	REP 45 Elizabeth	LES MILLS BODYCOMBAT Alternating	REP 45 Noel		
8:15a	T.B.C. Noel	REP 45 Noel	LES MILLS BODYCOMBAT Melody	REP 45 Emmanuel		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	SilverSneakers Chris <i>Healthways circuit</i>	SilverSneakers Chris <i>Healthways Classic</i>	SilverSneakers Noel <i>Healthways circuit</i>	SilverSneakers Noel <i>Healthways Classic</i>	SilverSneakers Jay <i>Healthways 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)
5:30p	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

CYCLING ROOM

	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			

	Mon	Tues	Wed	Thurs	Fri
8:15a	Core45 Emmanuel		Core45 Emmanuel	Core45 Tommasina	Core45 Afton
9:15a	Pilates Fusion Tommasina			Pilates Fusion Tommasina	Pilates Fusion Michelle L.
4:30p	Core45 Emmanuel	Pilates Fusion Michelle L.		Pilates Fusion Michelle L.	
5:30p		YOGA Michelle L.		YOGA Michelle L.	

YOGA PILATES ROOM