



**NEW Schedule Changes Highlighted Below**



**NEW! SATURDAY YOGA!**



Studio/Member	Monday	Time
Training/ Platinum	BOOTCAMP 🧘🔥 Stephanie	5:15-6:00AM
Training/ Platinum	BOOTCAMP 🧘🔥 Mike	8:30-9:15AM
Group-X/ Gold	BodyPump 🧘 Julianne	8:30-9:30AM
Yoga/Platinum	Vinyasa 🧘 Nona	9:10-10:00AM
Training/ Platinum	BOOTCAMP 🧘🔥 Ezell	9:30-10:15AM
Cycle/ Gold	Spin 🚴 Allison	9:30-10:15AM
Group-X/ Gold	Zumba 🧘 Tara	9:45-10:45AM
Yoga/Platinum	Gentle Yoga 🧘 Nona	10:15-11:15AM
Group-X/ Gold	Level 1 Basic Senior Fitness 🧘 Audrey	11:00-11:45AM
Yoga/Platinum	Restorative Yoga 🧘 Nona	11:30AM-12:30PM
Group-X/ Gold	Pilates 🧘 Audrey	12:00-12:45PM
Group-X/ Gold	Level 2 Advanced Senior Fitness 🧘🔥 Audrey	1:00-2:00PM
Training/ Platinum	BOOTCAMP 🧘🔥 Mike	5:30-6:15PM
Cycle/ Gold	Sprint 🚴 Marianne	5:30-6:00PM
Training/ Platinum	Kickboxing 🧘🔥 Jerry	6:30-7:30PM
Group-X/ Gold	Zumba 🧘 Briana	6:30-7:30PM

Studio/Member	Tuesday	Time
Cycle/Gold	Sprint 🚴 Marianne	6:15-6:45AM
Training/ Platinum	BOOTCAMP 🧘🔥 Ezell	8:30-9:15AM
Group-X/ Gold	Pilates 🧘 Audrey	8:30-9:30AM
Training/ Platinum	BOOTCAMP 🧘🔥 Jenna	9:30-10:15AM
Cycle/ Gold	Spin 🚴 Traci	9:30-10:15AM
Group-X/ Gold	Level 1 Basic Senior Fitness 🧘 Audrey	11:00-11:45AM
<b>Yoga/Platinum</b>	<b>Gentle Yoga 🧘 Holly</b>	<b>11:30AM-12:30PM</b>
Group-X/ Gold	BodySculpt/Audrey	12:00-12:45PM
Group-X/ Gold	BodyPump 🧘 Mary Beth	5:30-6:30PM
Pickleball Courts	Ladies Night Open Play 🏓	6:00-9:30PM

Studio/Member	Wednesday	Time
Training/ Platinum	BOOTCAMP 🧘🔥 Stephanie	5:15-6:00AM
Training/ Platinum	BOOTCAMP 🧘🔥 Stephanie	8:30-9:15AM
Group-X/ Gold	BodyPump 🧘 Mike	8:30-9:30AM
Yoga/Platinum	Yoga Stretch 🧘 Nona	9:10-10:10AM
Cycle/ Gold	Spin 🚴 Allison	9:30-10:15AM
Training/ Platinum	BOOTCAMP 🧘🔥 Stephanie	9:30-10:15AM
Group-X/ Gold	Zumba 🧘 Janet	9:45-10:45AM
Yoga/Platinum	Gentle Yoga 🧘 Nona	10:15-11:15AM
Group-X/ Gold	Level 1 Basic Senior Fitness 🧘 Audrey	11:00-11:45AM
Yoga/Platinum	Restorative Yoga 🧘 Nona	11:30AM-12:30PM
Group-X/ Gold	Pilates 🧘 Audrey	12:00-12:45PM
Group-X/ Gold	Level 2 Advanced Senior Fitness 🧘🔥 Audrey	1:00-2:00PM
Training/ Platinum	BOOTCAMP 🧘🔥 Gabe	5:30-6:15PM
Group-X/ Gold	BodyCombat 🧘🔥 Mike/Julianne	5:30-6:30PM
Cycle/ Gold	Sprint 🚴 Jaden	5:30-6:00PM
Training/ Platinum	Kickboxing 🧘🔥 Jerry	6:30-7:30PM
Group-X/ Gold	Zumba 🧘 Briana	6:30-7:30PM

Studio/Member	Thursday	Time
Cycle/Gold	Sprint 🚴 Jaden	6:15-6:45AM
Training/ Platinum	BOOTCAMP 🧘🔥 Stephanie	8:30-9:15AM
Group-X/ Gold	Zumba 🧘 Kelly	8:30-9:30AM
Training/ Platinum	BOOTCAMP 🧘🔥 Gabe	9:30-10:15AM
Cycle/ Gold	Spin 🚴 Traci	9:30-10:15AM
Group-X/ Gold	Pilates 🧘 Audrey	9:45-10:45AM
<b>Yoga/Platinum</b>	<b>Vinyasa 🧘 Michelle</b>	<b>10:15-11:15AM</b>
Group-X/ Gold	Level 1 Basic Senior Fitness 🧘 Audrey	11-11:45AM
<b>Yoga/Platinum</b>	<b>Gentle Yoga 🧘 Michelle</b>	<b>11:30AM-12:30PM</b>
Group-X/ Gold	BodyPump 🧘 Julianne	12:00-1:00PM
Group-X/ Gold	Tai Chi 🧘 Jeanne	1:00-2:00PM
Group-X/ Gold	Body Pump 🧘 Mary Beth	5:30-6:30PM
Pickleball Courts	Intro to Open Play 🏓 Mark	Starts 6:00PM
Group-X Studio	Lindy Hop Lesson (\$5)	7:00-7:45PM
Group-X Studio	Social Dancing (\$3)	7:45-9:30PM

Studio/Member	Friday	Time
Training/ Platinum	BOOTCAMP 🧘🔥 Stephanie	5:15-6:00AM
Training/ Platinum	BOOTCAMP 🧘🔥 Stephanie	8:30-9:15AM
Group-X/ Gold	BodyPump 🧘 Julianne	8:30-9:30AM
Yoga/Platinum	Yoga Sculpt 🧘 Nona	9:10-10:00AM
Training/ Platinum	BOOTCAMP 🧘🔥 Jenna	9:30-10:15AM
Cycle/ Gold	Spin 🚴 Allison	9:30-10:15AM
Group-X/ Gold	Zumba 🧘 Jenn	9:45-10:45AM
Yoga/Platinum	Yoga Stretch 🧘 Nona	10:15-11:15AM
Group-X/ Gold	Level 1 Basic Senior Fitness 🧘 Audrey	11:00-11:45AM
Yoga/Platinum	Yoga Calm 🧘 Nona	11:30AM-12:30PM
Group-X/ Gold	Level 2 Advanced Senior Fitness 🧘🔥 Audrey	1:00PM-2:00PM

Studio/Member	Saturday	Time
Training/Platinum	BOOTCAMP 🧘🔥 Mike	9:00-9:45AM
Cycle/ Gold	Sprint 🚴 Marianne	9:00-9:30AM
Group-X/ Gold	BodyPump 🧘 Jaden/Mary Beth	9:35-10:35AM
<b>Yoga/Platinum</b>	<b>Slow Flow 🧘 Michelle</b>	<b>12:30PM-1:30PM</b>
Sunday		
Cycle/ Gold	Spin 🚴 Sarah	9:00-10:00AM
Group-X/ Gold	BodyCombat 🧘 Mike	9:00-10:00AM
Group-X/ Gold	BodyPump 🧘 Jaden/Mary Beth	10:10-11:10AM
🧘 STRENGTH 🧘🔥 CARDIO 🧘 MIND/BODY 🏓 PICKLEBALL 🚴 CARDIO INDOOR CYCLE 🧘🔥 CARDIO DANCE		

**Gym Hours**  
 Mon-Thurs 5:00AM-10:00PM  
 Friday 5:00 AM-9:00 PM  
 Saturday 7:00 AM-6:00 PM  
 Sunday 7:00 AM - 5:00 PM

**Kids' Club Hours**  
 Monday - Sunday 8:00am-1:00pm  
 Monday - Thursday 4:00pm - 8:00pm  
 Friday 4:00pm-6:30pm