

STUDIO 1	STUDIO 2	CYCLE	AQUA
		6:00 - 7:00 Cycle <i>Renee W</i>	
9:30 - 10:30 Power Step <i>Jodi</i>	9:00 - 10:00 Cardio Lite <i>Lillian</i>	9:15 - 10:15 Cycle <i>Patty</i>	9:00 - 10:00 H2O Blast (L) <i>Cathy</i>
10:30 - 11:30 Arthritis Exercise <i>Jodi</i>	10:00 - 11:00 Arthritis Exercise <i>Barbara</i>		10:00 - 11:00 Lite Splash (T) <i>Cathy</i>
11:45 - 12:30 Twist & Shout <i>Lauren</i>	11:30 - 12:30 Zumba Gold <i>Suzannah</i>		11:30 - 12:30 Atthritis Aqua <i>Barbara (T)</i>
Fit Kids 3-5yrs old			10:15 - 11:00 Adult Stroke Class (L)
	3:45 - 4:15 Kids Yoga 9 - 13 yrs old		
4:30 - 5:00 Absolution <i>Linda</i>	4:15 - 5:00 Sports Conditioning	Fit Kids 9 - 13 years old	
5:00 - 6:00 KICK <i>Matt G</i>	5:00 - 6:00 Vinyasa Yoga <i>Nuntiya</i>		5:30 - 6:15 Competitive Strokes
6:00 - 7:00 POWER <i>Matt G</i>	6:00 - 7:00 Basic Step/Tone <i>Danielle</i>	6:00 - 7:00 Cycle <i>Manny</i>	6:30 - 7:30 Aqua Run (L) <i>Thea</i>
7:15 - 8:15 Dance Workshop <i>Sari/Greta</i>	7:00 - 8:00 Interm. Pilates <i>Brooke J</i>	7:15 - 8:15 Cycle <i>Arnold</i>	7:30 - 8:30 Aqua Sculpt (T) <i>Bernadatte</i>
8:15-9:15 Kettlebell Basics Fee Based *	8:15 - 9:15 Hatha Yoga <i>Tara/ Julia</i>		

Monday

STUDIO 1	STUDIO 2	CYCLE	AQUA
		5:45 - 6:30 Cycle <i>Lillian</i>	
8:30 - 9:30 Bootcamp <i>Renee</i>	9:00 - 10:30 Vinyasa Yoga <i>Stacy N</i>		
9:30 - 10:30 groove <i>Kara</i>		9:15 - 10:15 Cycle <i>Pierre</i>	9:45 - 10:45 Cool Cardio Cond <i>Elise (L)</i>
10:30 - 11:30 POWER <i>Cheryl</i>	10:30 - 11:30 Pilates on the Bar <i>Kate</i>		10:45 - 11:45 Arthritis Aqua <i>Elise (T)</i>
12:00-12:30 Zumba Express 30 min <i>Karen</i>	1:00 - 2:00 Tai Chi Arthritis <i>Laura Vagie</i>		
12:30 - 1:00 Abs & Butt <i>Karen</i>	4:00 - 5:00 Yoga Lite <i>Julia</i>	New Class	
4:15 - 5:15 POWER <i>Sherry</i>	5:00 - 6:00 <i>Nia</i> <i>Jessica</i>		5:00 - 6:00 H2O Blast (L) <i>Laura Vagie</i>
5:30-6:30 Step N Sculpt <i>Sherry</i>	6:15 - 7:15 On The Ball <i>Karen</i>		6:00-7:00 Aqua Sculpt (T) <i>Laura Vagie</i>
6:30-7:30 Pilates Mat <i>Brooke</i>	7:15-8:15 Kettlebell Basics Fee Based *	6:00 - 7:00 CYCLE <i>Tom</i>	7:15-8:15pm Open Volley Ball
7:30-9:00 Broadway Dance <i>Greta</i>	8:15 - 9:15 Fight Fit Fee Based *		

Wednesday

Studio 1	Studio 2	Cycle	Aqua
6:00 - 7:00 Kick & Step <i>Chris</i>		5:45 - 6:45 Cycle <i>Linda M</i>	
8:45 - 9:30 Rebounding <i>Chris</i>	8:30 - 9:30 Chair Yoga <i>Stacy</i>		
9:30 - 10:30 KICK <i>Jodi</i>	9:30 - 10:30 Vinyasa Yoga <i>Stacy</i>	9:30 - 10:30 Cycle <i>Patty</i>	9:30 - 10:30 Aqua Run (L) <i>Elise</i>
10:30 - 11:30 <i>Nia</i> <i>Lori Lynn</i>			10:30 - 11:30 Lite Splash (T) <i>Elise</i>
12:30-1:30 groove <i>Sari</i>	11:30 - 12:30 Arthritis Exercise <i>Laura Vagie</i>	Fit Kids 9-13yrs old	
1:30 - 2:00 Absolution <i>Sari</i>	4:15 - 5:00 Kids Martial Arts		
	5:00 - 6:00 Zumba <i>Greta</i>		
5:00 - 6:00 POWER <i>Matt Borawski</i>	6:00 - 7:00 Hatha Yoga <i>Sharon</i>		5:30 - 6:15 Competitive Strokes
6:00 - 7:00 KICK <i>Matt Borawski</i>	7:00 - 8:00 Beginner Ballroom		
8:15 - 9:15 Fight Fit Fee Based *	8:00 - 9:00 Intermediate Ballroom	New Time	

Friday

STUDIO 1	STUDIO 2	CYCLE	AQUA
	6:00 - 7:00 Power Yoga <i>Chris</i>		
8:45 - 9:30 Interm. Pilates <i>Kathleen</i>			
9:30 - 10:30 H.E.A.T. <i>Jodi</i>	9:30 - 10:30 willPower & grace <i>Michele</i>	9:30-10:30 Cycle <i>Cheryl</i>	9:00 - 10:00 Aqua Step (L) <i>Cathy</i>
10:30 - 11:00 Absoluion <i>Jodi</i>	10:30-11:30 Chair Yoga <i>Nuntya</i>		10:00 - 11:00 Lite Splash (T) <i>Cathy</i>
11:00 - 12:00 ACTIVE <i>Laura</i>			
	3:30 - 4:30 L.A.B. <i>Karen</i>		
4:00 - 5:15 <i>Nia</i> <i>Lori Lynn</i>	4:30-5:00 On The Ball <i>Karen</i>		
5:15 - 6:15pm groove <i>Sari</i>	5:00 - 6:00 Broadway Dance <i>Greta</i>		4:00-4:45 Competitive Strokes
6:15 - 7:15 X-Treme Sculpt <i>Jodi B</i>	6:00 - 7:00 Pilates on the Bar <i>Kate</i>	6:00 - 7:00 Cycle <i>Patty</i>	6:00 - 7:00 Aqua Pilates (T) <i>Debbie H</i>
7:30 - 8:30 Step N Sculpt <i>Danielle</i>	7:00 - 8:00 Cardio Fusion & Abs (Sari)		7:00 - 8:00 Master Swim Team
8:30-9:30 Kettlebell Master Fee Based *			8:15 - 9:00 Adult Stroke Class (L)

Tuesday

STUDIO 1	Studio 2	CYCLE	AQUA
5:45 - 6:45 POWER <i>Patty</i>			
8:45 - 9:30 Power Step <i>Chris</i>	9:30 - 10:30 Group Kick <i>Lisa</i>	New Class	10:30 - 11:30 Aqua Pilates (T) <i>Laura</i>
9:30 - 10:30am POWER <i>Kara</i>	10:30 - 11:30 Pilates Mat <i>Kate</i>		11:30-12:30 Healthy Backs <i>Laura</i>
10:35 11:05 Zumba Express 30 min / <i>Chris</i>	1:00 - 2:00 Arthritis Exercise <i>Bernadette</i>		
11:05-12:05 ACTIVE <i>Cheryl</i>			
4:30 - 5:30 Cardio Fusion <i>Sari</i>	4:00 - 4:45 Chizzel- It <i>Karen</i>		4:00 - 4:45 Competitive Strokes
5:30 - 6:30 Zumba <i>Staff</i>	4:45 - 5:00 Hip Hop Abs <i>Karen</i>		6:00 - 7:00 Aqua Sculpt (T) <i>Bernadette</i>
6:30 - 7:30 H.E.A.T. <i>Cathy</i>	6:30 - 7:30 willPower & grace <i>Jodi</i>	6:00 - 7:00 Cycle <i>Linda</i>	
7:30 - 8:30 POWER <i>Matt Borawski</i>	7:30 - 8:30 Kickboxing <i>Steve</i>		7:00 - 8:00 Master Swim Team
8:30-9:30 Kettlebell Master Fee Based *			

Thursday

Studio 1	Studio 2	Cycle	Aqua
8:15 - 9:00 Rebounding <i>Chris</i>	8:30 - 9:15 willPower <i>Michele</i>	7:30 - 8:30 Cycle <i>Jodi</i>	
9:30 - 10:30 Step N Sculpt <i>Jodi</i>	9:15 - 10:00 Pilates Mat <i>Michelle</i>	9:00 - 10:00 Cycle <i>Dawn</i>	9:00 - 10:00 H2O Blast (L) <i>Cathy</i>
10:30 - 11:30 POWER <i>Sherry</i>	10:00 - 11:00am Power Yoga <i>Julia Black</i>	New Time	10:00-11:00 Lite Splash (T) <i>Cathy</i>
11:45 - 12:45 groove <i>Kara</i>			11:00 - 11:30 Parent & Me Swim (T)
12:45 - 1:00 Hip Hops Abs <i>Kara</i>			
8:00-9:00 POWER <i>Michele</i>	8:00 - 9:00 Vinyasa Yoga <i>Julia</i>		
9:15 - 10:15 Zumba <i>Staff</i>	9:00-10:00 Dance Factory <i>Greta</i>	8:15 - 9:15 Cycle <i>Arnold</i>	
10:30 - 11:30 POWER <i>Kara</i>	10:15 - 11:15 CENTERGY <i>Michele</i>	9:30 - 10:30 Cycle <i>Dawn</i>	9:30 - 10:30 Aqua Mix (L) <i>Suzannah</i>
11:45 12:15 Zumba Express <i>Kara</i>			

Saturday

Sunday