

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Instructors are subject to change: (B) Becky, (BO) Bob, (HN) Helen, (HI) Hitomi, (J) Jim, (ME) Michele, (P) Pam, (SN) Shannon, (SH) Shawn, PiYo® is a registered trademarks of Beachbody, LLC. Zumba® is a registered trademark of Zumba Fitness, LLC *Please see additional information</p>			<p>1 5:30 – 6:15 a.m., Tabata (B) 8 – 8:55 a.m., Slow Yoga (ME) 9 - 9:40 a.m., Fitness Mix (P) 9:45 - 10:15 a.m., Core N' More (P) *11:30 – 12:30 p.m., The Climb (BO) *3:15 – 4:15 p.m., Weights & Mats (SN) 6:00 – 6:45 p.m., ZUMBA® (HI)</p>	<p>2 5:30 – 6:20 a.m., Weights (B) 9 – 9:40 a.m., Strength Training (P) 9:40 – 10:20 a.m., Pedal Power (P) 1– 2 p.m., Fit Yoga (HN) 4:30 – 5:15 p.m., ZUMBA® (HI)</p>
<p>5 8:15 – 8:55 a.m., Strength Training (P) 9 – 9:40 a.m., Cardio Combo (P) 5:30 – 6:15 p.m., ZUMBA® (HI) 6:20 – 7 p.m., Strength Training (HI)</p>	<p>6 5:30 – 6:15 a.m., Cardio/Weight Combo (B) 9:00 – 9:40 a.m., Groove 'N' Tone (P) 9:45 – 10:15 a.m., Barre (P) *1 – 2:00 p.m., The Climb (SN & SH) *3:15 – 4:15 p.m., Weights & Mats (SH) 5 – 5:45 p.m., Weights (HN) 6 – 6:45 p.m., Fit Yoga (HN)</p>	<p>7 9 – 9:40 a.m., Cycle 'N Tone (P) 9 – 9:45 a.m., Total Fit (HN) 9:45 – 10:15 a.m., Pilates (P) 5:30 – 6:15 p.m., ZUMBA® (HI) 6:20 – 7 p.m., Strength Training (HI)</p>	<p>8 5:30 – 6:15 a.m., Tabata (B) 8 – 8:55 a.m., Slow Yoga (ME) 9 - 9:40 a.m., Fitness Mix (P) 9:45 - 10:15 a.m., Core N' More (P) *11:30 – 12:30 p.m., The Climb (BO) *3:15 – 4:15 p.m., Weights & Mats (BO) 6:00 – 6:45 p.m., ZUMBA® (HI)</p>	<p>9 5:30 – 6:20 a.m., PiYo® (ME) 9 – 9:40 a.m., Strength Training (P) 9:40 – 10:20 a.m., Groove 'N' Tone (P) 1– 2 p.m., Fit Yoga (HN) 5:30 – 6:15 p.m., ZUMBA® (HI) 6:20 – 7 p.m., Strength Training (HI)</p>
<p>12 5:30 - 6:20 a.m., PiYo® (ME) 8:15 – 8:55 a.m., Strength Training (P) 9 – 9:40 a.m., Cardio Combo (P) 5:30 – 6:15 p.m., ZUMBA® (HI) 6:20 – 7 p.m., Strength Training (HI)</p>	<p>13 5:30 – 6:15 a.m., Cardio/Weight Combo (B) 9:00 – 9:40 a.m., Groove 'N' Tone (P) 9:45 – 10:15 a.m., Barre (P) *1 – 2:00 p.m., The Climb (SN) *3:15 – 4:15 p.m., Weights & Mats (BO) 5 – 5:45 p.m., Weights (HN) 6 – 6:45 p.m., Fit Yoga (HN)</p>	<p>14 9 – 9:40 a.m., Cycle 'N Tone (P) 9 – 9:45 a.m., Total Fit (HN) 9:45 – 10:15 a.m., Pilates (P) 5:30 – 6:15 p.m., ZUMBA® (HI) 6:20 – 7 p.m., Strength Training (HI)</p>	<p>15 5:30 – 6:15 a.m., Tabata (B) 8 – 8:55 a.m., Slow Yoga (ME) 9 - 9:40 a.m., Fitness Mix (P) 9:45 - 10:15 a.m., Core N' More (P) *11:30 – 12:30 p.m., The Climb (J & BO) *3:15 – 4:15 p.m., Weights & Mats (SN) 6:00 – 6:45 p.m., ZUMBA® (HI)</p>	<p>16 5:30 – 6:20 a.m., PiYo® (ME) 9 – 9:40 a.m., Strength Training (P) 9:40 – 10:20 a.m., Pedal Power (P) 1– 2 p.m., Fit Yoga (HN) 5:30 – 6:15 p.m., ZUMBA® (HI) 6:20 – 7 p.m., Strength Training (HI)</p>
<p>19 5:30 - 6:20 a.m., PiYo® (ME) 8:15 – 8:55 a.m., Strength Training (P) 9 – 9:40 a.m., Cardio Combo (P) 3:30 – 4:20p.m. Chair Yoga (SN) 5:30 – 6:15 p.m., ZUMBA® (HI) 6:20 – 7 p.m., Strength Training (HI)</p>	<p>20 5:30 – 6:15 a.m., Cardio/Weight Combo (B) 9:00 – 9:40 a.m., Groove 'N' Tone (P) 9:45 – 10:15 a.m., Barre (P) *1 – 2:00 p.m., The Climb (SN) *3:15 – 4:15 p.m., Weights & Mats (BO) 5 – 5:45 p.m., Weights (HN) 6 – 6:45 p.m., Fit Yoga (HN)</p>	<p>21 9 – 9:40 a.m., Cycle 'N Tone (P) 9 – 9:45 a.m., Total Fit (HN) 9:45 – 10:15 a.m., Pilates (P) 12:00 – 1:00 p.m. Beginner Yoga (SN) 5:30 – 6:15 p.m., ZUMBA® (HI) 6:20 – 7 p.m., Strength Training (HI)</p>	<p>22 5:30 – 6:15 a.m., Tabata (B) 8 – 8:55 a.m., Slow Yoga (ME) 9 - 9:40 a.m., Fitness Mix (P) 9:45 - 10:15 a.m., Core N' More (P) *11:30 – 12:30 p.m., The Climb (J & SN) *3:15 – 4:15 p.m., Weights & Mats (SN) 6:00 – 6:45 p.m., ZUMBA® (HI)</p>	<p>23 5:30 – 6:20 a.m., PiYo® (ME) 9 – 9:40 a.m., Strength Training (P) 9:40 – 10:20 a.m., Groove 'N' Tone (P) 1– 2 p.m., Fit Yoga (HN) 5:30 – 6:15 p.m., ZUMBA® (HI) 6:20 – 7 p.m., Strength Training (HI)</p>
<p>26 5:30 - 6:20 a.m., PiYo® (ME) 8:15 – 8:55 a.m., Strength Training (P) 9 – 9:40 a.m., Cardio Combo (P) 3:30 – 4:20p.m. Chair Yoga (SN) 5:30 – 6:15 p.m., ZUMBA® (HI) 6:20 – 7 p.m., Strength Training (HI)</p>	<p>27 5:30 – 6:15 a.m., Cardio/Weight Combo (B) 9:00 – 9:40 a.m., Groove 'N' Tone (P) 9:45 – 10:15 a.m., Barre (P) *1 – 2:00 p.m., The Climb (SN) *3:15 – 4:15 p.m., Weights & Mats (BO) 5 – 5:45 p.m., Weights (HN) 6 – 6:45 p.m., Fit Yoga (HN)</p>	<p>28 9 – 9:40 a.m., Cycle 'N Tone (P) 9 – 9:45 a.m., Total Fit (HN) 9:45 – 10:15 a.m., Pilates (P) 12:00 – 1:00 p.m. Beginner Yoga (SN) 5:30 – 6:15 p.m., ZUMBA® (HI) 6:20 – 7 p.m., Strength Training (HI)</p>	<p>29 5:30 – 6:15 a.m., Tabata (B) 8 – 8:55 a.m., Slow Yoga (ME) 9 - 9:40 a.m., Fitness Mix (P) 9:45 - 10:15 a.m., Core N' More (P) *11:30 – 12:30 p.m., The Climb (J & BO) *3:15 – 4:15 p.m., Weights & Mats (SN) 6:00 – 6:45 p.m., ZUMBA® (HI)</p>	<p>30 5:30 – 6:20 a.m., PiYo® (ME) 9 – 9:40 a.m., Strength Training (P) 9:40 – 10:20 a.m., Pedal Power (P) 1– 2 p.m., Fit Yoga (HN) 5:30 – 6:15 p.m., ZUMBA® (HI) 6:20 – 7 p.m., Strength Training (HI)</p>