




GROUP ACTIVITY SCHEDULE

FREE PROGRAMS: EFFECTIVE APRIL 1ST 2018

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:45-6:30AM TOUR DE SPIN ALAN (SPIN STUDIO)	6:00-6:45AM BARRE FUSION & CORE KATHRYN SANDBERG (STUDIO 1)	5:45-6:30AM BOOTCAMP (TOTAL BODY) LOUIS (STUDIO 2)	6:00-6:45AM SUNRISE YOGA KRISTI (STUDIO 1)	5:45-6:30AM TOUR DE SPIN ALAN (SPIN STUDIO)	8:00-9:00AM BODYPUMP DAWN (STUDIO 2)	9:00-10:00AM STEP IT UP LISA (STUDIO 2)
8:00-8:45AM BARRE FUSION KATHRYN SANDBERG (STUDIO 1)	8:00-9:00AM BODYPUMP DAWN (STUDIO 2)	8:00-8:45AM CORE & SCULPT ELENA (STUDIO 2)	8:00-9:00AM BODYPUMP JUSTYNA (STUDIO 2)	8:00-8:45AM CORE & SCULPT ELENA (STUDIO 2)	9:00-10:00AM YOGA ERIKA (STUDIO 1)	9:00-10:00AM SPIN STACEY (SPIN STUDIO)
9:00-10:00AM YOGA STRETCH & STRENGTH SANDY (STUDIO 1) (STUDIO 1)	9:00-10:00AM SPIN JOURNEY SUE (SPIN STUDIO)	9:00-10:00AM TOUR DE SPIN ALAN (SPIN STUDIO)	9:00-10:00AM SPIN JOURNEY SUE (SPIN STUDIO)	9:00-10:00AM SPIN JUSTYNA (SPIN STUDIO)	9:00-10:00AM SPIN MELISSA (SPIN STUDIO)	9:00-9:45 BARRE FUSION KATHRYN (STUDIO 1)
9:00-10:00 SPIN & SCULPT SUE (SPIN STUDIO)	9:00-10:00AM STRONG HITT JUSTYNA (STUDIO 2)	9:00-10:00AM YOGA VINYASA FLOW SANDY (STUDIO 1)	9:00-10:00AM BOOTCAMP LOUIS (STUDIO 2)	9:00-10:00AM YOGA POWER FLOW SANDY (STUDIO 1)	9:00-10:00AM TOTAL BODY BLAST LISA LEE (STUDIO 2) (STUDIO 2)	10:00-11:00AM SUNDAY MORNING YOGA FLOW ERIKA (STUDIO 1)
9:00-10:00AM TOTAL BODY CONDITIONING LOUIS (STUDIO 2)	10:30-11:30AM AQUA AEROBICS JEANNE (POOL)		10:00-10:45AM PILATES CORE & STRETCH (STUDIO 1)	9:00-10:00AM BOXING CUT & CHISEL SUE (STUDIO 2)	<div style="border: 2px solid green; padding: 10px;"> <p style="text-align: center; color: magenta; font-weight: bold; font-size: 1.2em;">REVISED 4/25/18</p> <p style="text-align: center;">  </p> <p style="text-align: center;">We reserve the right to modify or cancel classes with consistently low attendance.</p> </div>	
10:00-11:00AM BODY PUMP KIM (STUDIO 2)		10:30-11:30AM DANCE PARTY VIRGINA (STUDIO 2)	10:30-11:30AM DANCE PARTY VIRGINIA (TEMPORARY) (STUDIO 2)	10:15-11:00AM HIP HOP DANCE VALENTINE (STUDIO 2)		
11:00-12:00AM ZUMBA GOLD VIRGINIA (STUDIO 2) FREE SILVER SNEAKERS CLASS			10:30-11:30AM AQUA AEROBICS JEANNE (POOL)			
5:30-6:45PM VINYASA FLOW & CORE ELORA (STUDIO 1)	5:15-6:00PM BARRE FUSION CORE KATHRYN SANDBERG (STUDIO 1)	5:30-6:30PM BODYPUMP JUSTYNA (STUDIO 2)	5:15-6:00PM BARRE KATHRYN SANDBERG (STUDIO 1)	5:30-6:30PM RELEASE THE WEEK YIN YOGA ERIKA (STUDIO 1)	<div style="border: 1px solid magenta; padding: 10px;"> <p style="text-align: center; color: blue;">MODIFICATIONS ALWAYS OFFERED IN ALL CLASSES</p> <p style="text-align: center; color: blue; font-weight: bold;">BECAUSE YOU ARE WORTH IT!</p> </div> <div style="border: 1px solid magenta; padding: 10px; margin-top: 10px;">  </div>	
5:00-5:45PM BOOTCAMP (TOTAL BODY) LOUIS (STUDIO 2)	6:05-7:05PM POWER & RENEW YOGA SANDY (STUDIO 1)	6:00-7:00PM VINYASA FLOW & CORE ELORA (STUDIO 1)	5:30-6:00PM CORE & MORE STACEY (STUDIO 2)	6:00-7:00PM BODY PUMP JUSTYNA (STUDIO 2)		
6:00-7:00PM BODYPUMP JUSTYNA (STUDIO 2)	5:30-6:00PM ABS ABS ABS LISA (STUDIO 2)	5:30-6:20 PM WATER AEROBICS ABIGAIL (POOL)	6:00-7:00PM SPIN STACEY (SPIN STUDIO)			
6:00-7:00PM LISA LEE SPIN&SCULPT (SPIN STUDIO)	6:00-7:00PM BOXING STRIKE/BOOTCAMP LISA LEE (STUDIO 2)	6:30-7:30PM ZUMBA BRENDA (STUDIO 2)	6:00-7:00PM STRONG HITT JUSTYNA (STUDIO 2)			
	6:00-7:00PM SPIN JUSTYNA (SPIN STUDIO)					

REVISED 4/25/18



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MODIFICATIONS ALWAYS OFFERED IN ALL CLASSES

BECAUSE YOU ARE WORTH IT!



Hours of Operation

Mon - Fri
5:00AM -10:00PM

Sat & Sun
7:00AM-6:00PM

FIT KIDS
CHILDWATCH

Mon - Fri
8:00AM-12:30PM
5:00PM-7:30PM

Sat
8:00AM-12:00PM
Sunday
8:30-11:00AM

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