

**GYM Hours: Mon - Fri 5am - 11pm**  
**Sat - Sun 7am - 8pm**

**Child Care: Mon - Fri 8:45am - 12:30pm / 4pm - 8pm**  
**Saturday 8:45am - 12pm**

|                             | Monday                     | Tuesday                     | Wednesday                   | Thursday            | Friday                           | Saturday  | Sunday                       |
|-----------------------------|----------------------------|-----------------------------|-----------------------------|---------------------|----------------------------------|---|------------------------------|
| <b>6am</b>                  | Fitness Basic<br>Betsy     | <b>5:30am</b> RPM<br>Derick | Power Fitness<br>Johanna    | Cycle<br>Johanna    |                                  |   |                              |
| <b>8am</b>                  |                            |                             |                             |                     |                                  |   |                              |
| <b>9am</b>                  | Body Defined w. Marie      | BODY PUMP                   | Cycle Camp                  | Boot Camp           | Yoga Boot Camp                   | Boot Camp   |                              |
|                             | Cycle w. Johanna           | Zona                        | Marie                       | Alice               | Lisa                             | Johanna   |                              |
| <b>10am</b>                 |                            |                             |                             |                     |                                  | 10am-11:30am  | 10am-11:30am                 |
| <b>12:15pm</b>              | Get On The Ball<br>Shellie | Zumba<br>Alice              | Get On The Ball<br>Shellie  | Circuit<br>Johanna  | Pilates<br>Alice                 | Vinayasa Yoga<br>Dr. Helaine                                      | Vinayasa Yoga<br>Dr. Helaine |
| <b>3:30pm</b>               | Tigerkick I<br>Scott B     |                             | Tigerkick I & II<br>Scott B |                     |                                  |   |                              |
| <b>4:30pm</b>               | Tigerkick II<br>Scott B    | Vinayasa Yoga<br>Doug       | Fit Cross<br>Scott W        | Boot Camp<br>Kelsey |                                  |   |                              |
| <b>5:35pm</b>               | Zumba w. Megan             | Boot Camp                   | BODY PUMP w. Mary           | Power Yoga          | Cross Training                   |   |                              |
|                             | RPM w. Zona                | Kelsey                      | RPM w. Deric                | Lisa                | Scott W                          |   |                              |
| <b>6:35pm</b>               | BODY PUMP<br>Kendra        | Zumba<br>Mary               | Yoga<br>Kara                | BODY PUMP<br>Kendra |                                  | TRX Training - Please Call to make appointment - Johanna 490-8880 |                              |
| <b>7:45pm</b><br>PAID CLASS | JAS Dance<br>Jose          | JAS Dance<br>Jose           | JAS Dance<br>Jose           | JAS Dance<br>Jose   | Drop In For<br>JAS Dance \$14.00 |   |                              |