

## MONDAY

9:30am H2O Aerobics  
12:00pm Spin  
12:15pm Total Definition  
12:15pm Yoga  
5:30pm Spin  
5:30pm Cond/Kick  
6:20pm Power Pilates

## TUESDAY

11:30 Power Pilates  
11:30am Super Step  
12:00pm Spin  
12:15pm Yoga  
4:30pm NIA  
5:30pm H2O Aerobics  
5:30pm Step  
5:30pm Spin  
6:20pm Total Body  
6:45pm Yoga

## WEDNESDAY

9:30am H2O Aerobics  
12:00pm Spin  
12:15pm Total Definition  
12:15pm Yoga  
5:30pm Spin  
5:30pm Cardio Fusion  
6:20pm Power Pilates

## THURSDAY

11:30am Power Pilates  
11:30am Super Step  
12:00pm Spin  
12:15 Yoga  
4:30 NIA  
5:30pm Zumba  
5:30pm Spin  
5:30pm Iyengar Style Yoga  
6:20pm Total Body

## FRIDAY

9:30am H2O Aerobics  
11:30am Zumba  
12:00pm Spin  
12:15pm Mix It Up  
12:15 Yoga

## SATURDAY

9:00am Super Step  
9:00am Spin  
10:00am Total Body  
10:00am Iyengar Style Yoga

