

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>6:15-7:15 AM HIIT LILLY GROUP EXERCISE ROOM</p> <p>8:15-9:15 AM TOTAL BODY ANNETTE GROUP EXERCISE ROOM</p> <p>9:30-10:30 AM YIN YOGA CARLA STUDIO B</p> <p>9:30-10:30 AM ZUMBA MARTHA GROUP EXERCISE ROOM</p> <p>9:30-10:30 AM SPLASH AEROBICS ANNETTE POOL</p> <p>10:30-11:30 AM CORE AND FLEXIBILITY LILLY GROUP EXERCISE ROOM</p> <p>11:45 AM-12:45 PM SILVER SNEAKERS CIRCUIT ANNETTE GROUP EXERCISE ROOM</p> <p>1:00-2:00 PM SILVER SNEAKERS CIRCUIT AMY GROUP EXERCISE ROOM</p> <p>5:00-6:00 PM TAI CHI/QIGONG GRISELL STUDIO B</p> <p>5:00-6:00 PM TRX BOOT CAMP PATTY GROUP EXERCISE ROOM</p> <p>6:00-7:00 PM STRETCH AND RESTORE YOGA GRISELL GROUP EXERCISE ROOM</p> <p>6:00-7:00 PM CYCLING LORENA GROUP EXERCISE ROOM</p>	<p>6:45-7:45 AM CYCLING JUDY GROUP EXERCISE ROOM</p> <p>8:00-9:00 AM BARRE ANNETTE GROUP EXERCISE ROOM</p> <p>9:00-10:00 AM HATHA YOGA GRISELL STUDIO B</p> <p>9:00-10:00 AM ZUMBA MARTHA GROUP EXERCISE ROOM</p> <p>9:30-10:30 AM PUMP AND TONE ANNETTE RACQUETBALL COURT</p> <p>10:00-11:00 AM TAI CHI/QIGONG GRISELL STUDIO B</p> <p>10:30-11:30 AM SILVER SNEAKERS CIRCUIT ANNETTE GROUP EXERCISE ROOM</p> <p>11:30 AM-12:30 PM FRIENDSHIP CLUB MICHELLE GROUP EXERCISE ROOM</p> <p>12:45-1:45 PM SILVER SNEAKERS AMY GROUP EXERCISE ROOM</p> <p>5:00-6:00 PM YIN YOGA CARLA STUDIO B</p> <p>5:00-6:00 PM CORE AND FLEXIBILITY LILLY GROUP EXERCISE ROOM</p> <p>6:00-7:00 PM 20-20-20 LILLY GROUP EXERCISE ROOM</p>	<p>6:15-7:15 AM HIIT LILLY GROUP EXERCISE ROOM</p> <p>8:00-9:00 AM POWER PILATES ANNETTE GROUP EXERCISE ROOM</p> <p>9:00-10:00 AM VINYASA YOGA ALEX STUDIO B</p> <p>9:00-10:00 AM ZUMBA MARTHA GROUP EXERCISE ROOM</p> <p>10:15-11:15 AM CHAIR YOGA ALEX GROUP EXERCISE ROOM</p> <p>11:30 AM-12:30 PM SILVER SNEAKERS MIX ANNETTE GROUP EXERCISE ROOM</p> <p>12:45-1:45 PM SILVER SNEAKERS MIX ANNETTE GROUP EXERCISE ROOM</p> <p>5:00-6:00 PM CARDIO STEP AND SCULPT ROBBY GROUP EXERCISE ROOM</p> <p>5:00-6:00 PM HYBRID YOGA MELISSA STUDIO B</p> <p>6:00-7:00 PM PILATES STRETCH ANNETTE GROUP EXERCISE ROOM</p> <p>6:15-7:15 PM BREATHWORK AND SOUND HEALING MELISSA STUDIO B</p>	<p>6:45-7:45 AM CYCLING LILLY GROUP EXERCISE ROOM</p> <p>8:00-9:00 AM TOTAL BODY ANNETTE GROUP EXERCISE ROOM</p> <p>9:00-10:00 AM ZUMBA MARTHA GROUP EXERCISE ROOM</p> <p>9:15-10:15 AM HYBRID YOGA CHRISTIAN GROUP EXERCISE ROOM</p> <p>10:00-11:00 AM BARRE ANNETTE GROUP EXERCISE ROOM</p> <p>10:15-11:15 AM RESTORATIVE YOGA CHRISTIAN STUDIO B</p> <p>11:15 AM-12:15 PM SILVER SNEAKERS AMY GROUP EXERCISE ROOM</p> <p>5:00-6:00 PM CARDIO STEP AND SCULPT ROBBY GROUP EXERCISE ROOM</p>	<p>8:00-9:00 AM POWER PILATES ANNETTE GROUP EXERCISE ROOM</p> <p>9:00-10:00 AM ZUMBA MARTHA GROUP EXERCISE ROOM</p> <p>9:00-10:00 AM HATHA YOGA CHRISTIAN STUDIO B</p> <p>9:30-10:30 AM SPLASH AEROBICS ANNETTE POOL</p> <p>10:15-11:15 AM PILATES AMY GROUP EXERCISE ROOM</p> <p>11:30 AM-12:30 PM SILVER SNEAKERS CHAIR YOGA AMY GROUP EXERCISE ROOM</p>	<p>7:45-8:45 AM CYCLING JUDY GROUP EXERCISE ROOM</p> <p>8:00-9:00 AM VINYASA YOGA CARLA STUDIO B</p> <p>9:00-10:30 AM CARDIO STEP AND SCULPT ROBBY GROUP EXERCISE ROOM</p> <p>9:00-10:00 AM TOTAL BODY STRENGTH ANNETTE GROUP EXERCISE ROOM</p> <p>10:45 AM-12:15 PM WOMEN'S WISDOM AND EMPOWERMENT CIRCLE* MICHELLE STUDIO A</p>	<p>7:45-8:45 AM CYCLING BLAKE GROUP EXERCISE ROOM</p> <p>9:00-10:30 AM CARDIO STEP AND SCULPT ROBBY GROUP EXERCISE ROOM</p> <p>9:15-10:15 AM RESTORATIVE YOGA ALEX STUDIO B</p>

LOOKING FOR PERSONAL TRAINING?
Complete our Personal Training inquiry form online or contact Steven Gomez at ext. 277 to schedule your free 30-minute session.

All Classes are free, with the exception of classes labeled with *.
Women's Wisdom & Empowerment Circle:
\$10 MEM / \$18 GUESTS

All classes, times and instructors are subject to change

JOIN THE GAME ROOM FUN

Every Monday, Wednesday & Friday
10:30 AM - 2:30 PM | ART GALLERY

Enjoy playing games such as Mahjong, Canasta & Bridge. *Games not supplied.

RESERVATIONS

Spots for group classes, pool lanes, racquetball courts, Peloton bike & game room must be done through MINDBODY.

First time attending a class?
We welcome ALL LEVELS! Be sure to arrive at least 10 minutes early and introduce yourself to the instructor.

- Be on time to ensure your spot in the class and avoid disrupting classes.
- Do not enter rooms while a class is in session. At the instructor's discretion, a five to ten minute grace period for late admittance may be allowed.
- Attire: Wear closed-toe shoes (with the exception of Yoga & Reformer Pilates).
- Equipment: Must bring your own mat or boxing gloves for classes that require special equipment.