

2014 Fall Class Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning	TRX 6:00-6:30am	Zumba 5:30-6:45am	TRX 6:30-7:00am	Zumba 5:30-6:45am	Zumba Step 5:30-6:30am
	Indoor Cycling 6:30-7:00am	Muscle Fusion 6:30-7:30am		Muscle Fusion 6:30-7:30am	
	Get Up and Go (please inquire) 9:00-10:00am/ 10:00-11:00am		Get Up and Go (please inquire) 9:00-10:00am/ 10:00-11:00am		Get Up and Go (please inquire) 9:00-10:00am/ 10:00-11:00am
Mid-Day	Zumba 12:15-1:15pm	Yoga 10:00-11:30am	Zumba 12:15-1:15pm	Yoga 10:00-11:30am	Zumba 12:15-1:15pm
	Step 12:15-1:00pm	Meditation 11:30-12:00pm	Yoga 12:30-1:30pm	Meditation 11:30-12:00pm	Ski Conditioning 12:30-1:00pm
	TRX 12:30-1:15pm	Muscle Fusion 12:15-1:15pm	Circuit 12:30-1:00pm	Muscle Fusion 12:15-1:15pm	
Evening	Aqua Zumba 4:45-5:15pm	Beginning Yoga 5:00-6:30pm	Aqua Zumba 4:45-5:15pm	Beginning Yoga 5:00-6:30pm	
	Zumba Step 5:15-6:15pm	Step 5:15-6pm	Beginning Yoga 5:00-6:00pm	Zumba Toning 5:15-6:15pm	
	Zumba Toning 6:15-6:45pm		Ski Conditioning 5:00-5:30pm	Step 5:15-6pm	
			Zumba 5:15-6:15pm		

** Class times subject to change