



TEEN GROUP FITNESS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
SUNRISE YOGA (QR) 6:15am - 60 min Donna/Dave GENTLE FLOW YOGA (QR) 8am - 60 min Karen BOOTY CAMP (S1) 8:30am - 30 min Floor - Betty EXTREME H2O (POOL) 9:30am - 60 min Wendy ULTIMATE BARRE FUSION (S1) 10:30am - 60 min - Elaine ZUMBA (S1) 11:30am - 60 min Peggy YOGA STRETCH (QR) 11:45am - 60 min - Elaine PIYO (S1) 5pm - 45 min - Peggy EASY YOGA (QR) 7pm - 60 min - Regina	GENTLE FLOW YOGA (QR) 9am - 60 min Karen AQUA FIT 9:30am - 60 min Betty J GENTLE YOGA (QR) 11am - 60 min - Karen ZUMBA (S1) 11:15am - 45 min - Carina TRANSITIONAL HYDRO FIT 4:30pm - 60 min Stephanie YOGA FLOW (QR) 6pm - 60 min - Dave ZUMBA (S1) 6pm - 60 min - William	BOOTY CAMP BARRE (S1) 8:30am - 30 min Betty TRANSITIONAL HYDRO FIT (IP) 9am - 60 min - April WATER IN MOTION 10am - 60 min - April VINYASA YOGA FLOW (QR) 10:30am - 90 min Elaine BUTT & GUT (S1) 5pm - 45 min - Nancy AQUA FIT 6pm - 60 min - Wendy VINYASA YOGA FLOW (QR) 6:00pm - 60 min - Elaine	SUNRISE YOGA (QR) 6:15am - 75 min - Dave PILATES FUSION (S1) 8:30am - 45 min - Betty GENTLE FLOW YOGA (QR) 9am - 60 min Karen AQUA BOX 11am - 60 min - Wendy ZUMBA (S1) 11:15am - 60min Carina AQUA YOGA 12:15pm - Karen MARTIAL ARTS MIXED (S1) 4:15pm - 60 min Danielle WATER IN MOTION 4:30pm - 60 min - April BUFF YOGA (QR) 6pm - 60 min - Dave ZUMBA (S1) 6pm - 60 min - William	MORNING YOGA (QR) 8am - 60 min - Elaine PIYO (S1) 8:15am - 45 min - Peggy WATER IN MOTION 10:15am - 60 min Betty J ZUMBA (S1) 11:15am - 45 min Carina	AQUA BOX 9am - 60 min - Wendy VINYASA YOGA (QR) 9am - 90 min - Elaine ZUMBA (S1) 10:30am - 60 min Peggy	GENTLE YOGA (QR) 8:15am - 75 min Regina/Robin STUDIO KEY S1 - Main Studio QR - Quarry Room SC - Spinning Center PA - Pool Area SU - Specialty Class Sign up Required Available 30 min prior to class TC - Tennis Court BB - Basketball Court NT - New Time
KIDS LATIN DANCE WITH CARINA KIDS 6-12 Mondays 5:15PM	KIDS YOGA WITH DONNA (QR) Wednesdays 5:15-6:00PM AGES 7-11	PIYO WITH PEGGY 5pm Mondays & 8:15am Fridays Hottest beachbody workout!				