

## GFX STUDIO

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:45AM 6AM		<b>LES MILLS BODYPUMP</b> LESLIE 5:45	<b>LES MILLS BODYFLOW</b> ← 30 min LESLIE 6AM		<b>LES MILLS BODYFLOW</b> LESLIE 5:45	
8AM		<b>LES MILLS CORE</b> SANDY		CORE SHERRY		
8:30AM 8:45AM	<b>LES MILLS BODYPUMP</b> 8:45 SANDY	<b>ZUMBA</b> 8:30 BONNIE	<b>LES MILLS BODYPUMP</b> 8:45 SANDY	<b>ZUMBA</b> 8:30 BONNIE	<b>LES MILLS BODYPUMP</b> 8:45 SANDY	
9:15AM 9:35AM 10AM	PILATES 9:50AM JULIE 45MIN	RESTORATIVE YOGA 9:35AM MAYA	PILATES 9:50AM KIM D 45 MIN	BLENDED YOGA 9:35AM ROB	PILATES 9:50AM JULIE 45MIN	<b>LES MILLS BODYPUMP</b> 9:15AM LESLIE
10:20AM 10:45AM	SilverSneakers YOGA 10:45 TERRI	SilverSneakers 10:45 SANDY	SilverSneakers 10:45 BONNIE	STRETCH AND TONE 10:45 KIM/SHERRY	ZUMBA Gold 10:45 BONNIE	<b>LES MILLS BODYFLOW</b> 10:20 (30) FLEXIBILITY
5PM	BUTTS & GUTS AUDREA	CORE! MELANIE		<b>LES MILLS BODYPUMP</b> LEE(45)		Club Jam MEG 11AM
5:30PM	HIP HOP CARDIO DEVON (45)	<b>SHINE</b> DANCE FITNESS™ MEG (45)	<b>LES MILLS CORE</b> JOAN (30)			
6:10PM 6:20PM	<b>LES MILLS BODYCOMBAT</b> 6:20PM TERRENCE	GYM YOGA 6:20PM GERRY/LAURIE	Club Jam 6:10PM DEVON			

## CYCLE STUDIO

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY 8:15 AM
5:15AM			<b>LES MILLS RPM</b> 5:15AM PL		
8:15AM 9:50AM	<b>LES MILLS RPM</b> 30 9:50AM SANDY		<b>LES MILLS RPM</b> 30 9:50AM MARK		<b>LES MILLS RPM</b> 8:15AM LEE
5:30/5:45PM 6:15PM	<b>LES MILLS RPM</b> 5:30PM LESLIE	<b>LES MILLS sprint</b> 5:45PM JOAN	<b>LES MILLS sprint</b> 6:15PM MARK	<b>LES MILLS RPM</b> 5:45PM LEE	

## BLUE ROOM

	MON	TUES	WED	THU	FRI	SAT
5:15AM	FITCAMP TRAVIS	COMBAT CARDIO ELIZABETH	FITCAMP TRAVIS	COMBAT CARDIO KELLI	FITCAMP TRAVIS	
9AM	Strength UPPER RHONDA	Combat Cardio TYLYNN	Strength LOWER LINDSAY	Combat Cardio KELLI	Strength ARMS/CORE LINDSAY	FatBlast Total Body LINDSAY
12:10PM	FatBlast 45 UPPER LISA	Combat Cardio 45 TYLYNN	FatBlast 45 LOWER TYLYNN	Combat Cardio 45 KELLI	FatBlast 45 ARMS/CORE APRIL	Kettlebell Power KENDRA 10am 9/9 & 9/16
5:30PM	Strength UPPER LINDSAY	Combat CARDIO RHONDA	Strength LOWER LINDSAY	Combat CARDIO ELIZABETH		

## POOL CLASSES

	MON	TUE	WED	TH	FRI
9AM	AQUA TABATA KIM/SHERRY	H2O CARDIO SANDY	H2O CARDIO BONNIE	H2O CARDIO KIM/SHERRY	aqua ZUMBA BONNIE
10AM	ARTHRITIS KIM/SHERRY		ARTHRITIS SANDY		ARTHRITIS SANDY
6PM		AQUA TABATA 6PM SHERRY		AQUA BOXING 6PM SHERRY	



# SEPTEMBER 2023

**Labor Day Hours**  
**Mon., Sept. 4 8am—1pm**  
**Nursery Closed**  
**No Classes**