

GFX STUDIO

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:45AM		LES MILLS BODYPUMP LESLIE 5:45			LES MILLS BODYFLOW LESLIE 5:45	
8AM		LES MILLS CXWORX SANDY		LES MILLS CXWORX TERRENCE		
8:30AM 8:45AM	LES MILLS BODYPUMP 8:45 SANDY	ZUMBA 8:30 BONNIE	LES MILLS BODYPUMP 8:45 SANDY	ZUMBA 8:30 BONNIE	LES MILLS BODYPUMP 8:45 SANDY	
9:15AM 9:35AM 10AM	PILATES 10AM JULIE 45MIN	RESTORATIVE YOGA 9:35AM JUSTIN	PILATES 10AM KIM D 45 MIN	BLENDED YOGA 9:35AM JUSTIN	PILATES 10AM JULIE 45MIN	LES MILLS BODYPUMP 9:15AM LESLIE
10:30AM 10:45AM	SILVER SNEAKERS YOGA 10:45 TERRI	SILVER SNEAKERS 10:45 SANDY	SILVER SNEAKERS 10:45 BONNIE	STRETCH AND TONE 10:45 KIM	ZUMBA gold 10:45 BONNIE	Club Jam 10:30AM MEG
5PM 5:15PM		CORE! 5PM MELANIE		LES MILLS BODYPUMP 5:15PM LESLIE 45m		↓ 2/5 BodyFlow Leslie
5:30PM	HIP HOP CARDIO DEVON	Club Jam MEG (45)	LES MILLS CXWORX JOAN (30)	Club Jam		
6:15PM 6:20PM	YOGA 6:20PM GERRY	LES MILLS BODYFLOW 6:20PM LEE/LESLIE	LES MILLS CXWORX 6:05PM JASMINE	LES MILLS CXWORX 6:05pm TJ		

CYCLE STUDIO

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY 8:15 AM
5:15AM 5:45AM	LES MILLS RPM 5:45AM MARK		LES MILLS RPM 5:15AM PL		
8:15AM 8:30AM 9:50AM	LES MILLS RPM 30 9:50AM SANDY	Justin's Tuesday Ride 8:30 AM		LES MILLS sprint 8:30 AM TERRENCE	LES MILLS RPM 8:15AM LEE
5:30/5:45PM 6:15PM	LES MILLS RPM 5:30PM LESLIE	LES MILLS sprint 5:45PM MEL	LES MILLS sprint 6:15PM MARK	LES MILLS RPM 6PM LEE	

BLUE ROOM

	MON	TUES	WED	THU	FRI	SAT
5:15AM	FITCAMP TONYA	COMBAT CARDIO TREY	FITCAMP TONYA	COMBAT CARDIO TREY	FITCAMP TONYA	
8:15AM	Butts & Guts RHONDA					
9AM	FatBlast PUSH/PULL RHONDA	Combat Cardio CRYSTE	FatBlast LEGS LINDSAY	Combat Cardio CRYSTE	FatBlast ARMS/CORE LINDSAY	FatBlast LINDSAY
12:10PM	FatBlast 45 PUSH/PULL TONYA	Combat Cardio 45 CRYSTE	FatBlast 45 LEGS TONYA	Combat Cardio 45 CRYSTE	FatBlast 45 ARMS/CORE TONYA	YOGA 10:05am JUSTIN
5:30PM	FatBlast UPPER LINDSAY	FatBlast CARDIO RHONDA	FatBlast LOWER LINDSAY	FatBlast CARDIO STAFF		2/5 & 2/19

POOL CLASSES

	MON	TUE	WED	TH	FRI
9AM	AQUA TABATA KIM R	H2O CARDIO SANDY	H2O CARDIO BONNIE	H2O CARDIO KIM R	AQUA ZUMBA BONNIE
10AM	ARTHRITIS KIM R 10AM		ARTHRITIS SANDY 10AM		ARTHRITIS SANDY 10AM

February 2022

We Our Members!

In case of bad weather,
please check FaceBook for the quickest update on delayed
openings or early closings and check your email.