

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Young at Heart 9:00-9:45 am Fitness Desk Natalie</p> <p>Sit and Be Fit 12:15-1pm Gr. Ex B Staff</p> <p>Sweet and Low Tai Chi 1:30-2:30pm Gr. Ex B Genie</p> <p>Iron Maidens 6 – 7pm Fitness Desk Kari</p> <p>*NEW CLASS!!* Zumba *Introductory Class* 7:30-8:30pm Gr. Ex B Diane</p>	<p>Core Conditioning 6-6:45am Gr. Ex B Cristina</p> <p>Yoga 10 - 11 am Gr. Ex B Juli</p> <p>Balance Basics 11:15am–12:15 pm Gr. Ex B Juli</p> <p>Spinning 5 –6 pm Gr. Ex A \$2 bike fee Stacy</p> <p>Sculpted Soldiers 6 – 7pm Fitness Desk Chris G</p> <p>Flow Yoga 6:30 – 7:30pm Gr. Ex B Rob</p>	<p>Spinning 6-7am Gr. Ex A \$2 bike fee Kari</p> <p>*ROOM CHANGE* Pilates 10:30 – 11:30 am Gr. Ex A Jodi</p> <p>*NEW TIME* Walk Fit 11:15a-12:15pm Fitness Desk Kari</p> <p>Sit and Be Fit 12:15-1pm Gr. Ex B Staff</p> <p>BEGINNER Sweet and Low Tai Chi 1:30-2:30pm Gr. Ex B Genie</p> <p>Spinning 5:30-6:30PM Gr. Ex A \$2 bike fee Vanessa</p> <p>Cardio Combat 6 – 6:45 pm Fitness Desk Chris G</p> <p>Ab Busters 6:30 – 6:45 pm Gr Ex A Vanessa</p> <p>*ROOM CHANGE* Tai Chi 7 – 8 pm Gr.Ex A Genie</p>	<p>Yoga 9:30–10:30am Gr. Ex B Juli</p> <p>Stretch and Tone 11:00a–12:00p Gr. Ex B Cristina</p> <p>Spinning 5 –6 pm Gr. Ex A \$2 bike fee Stacy</p> <p>SET (Strength & Endurance Training) 6:15-7:15pm Gr. Ex A Vanessa</p> <p>Gentle Stretch Yoga 6:30 – 7:30pm Gr. Ex B Rob</p> <p>Ab Busters 7:15 -7:30pm Gr. Ex A Vanessa</p>	<p>Young at Heart 9:00-9:45am Fitness Desk Natalie</p> <p>Walk Fit 11 - 12 pm Fitness Desk Staff</p> <p>Sit and Be Fit 12:15-1pm Gr. Ex B Staff</p> <p>Sweet and Low Tai Chi 1:30-2:30pm Gr. Ex B Genie</p>	<p>Spinning 8 -9 AM Gr. Ex A \$2 bike fee Stacy</p> <p>Pilates 9 – 10am Gr. Ex B Sherban</p>