



Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
Spin * <i>Larissa</i>	6:15a <i>S</i>	AM Power * <i>Jirina</i>	6:15a <i>M</i>	Sunrise Vinyasa <i>Laurie</i>	6:15a <i>MB</i>	Power Pump * <i>George</i>	6:15a <i>M</i>	Spin * <i>Al</i>	6:15a <i>S</i>	Spin * <i>Robert</i>	9:00a <i>S</i>
Yoga <i>Jeff</i>	9:15a <i>MB</i>	Vinyasa Yoga <i>Jeff</i>	9:15a <i>MB</i>	Spin * <i>George</i>	6:15a <i>S</i>	BodyBlast * <i>Susan D.</i>	9:30a <i>M</i>	Empower * <i>Carrie & Laurie (:75)</i>	9:30a <i>M</i>	Cardio Kickbox * <i>Jirina</i>	9:30a <i>M</i>
Tri-Factor <i>Stacy</i>	9:30a <i>M</i>	BodyBlast * <i>Robert</i>	9:30a <i>M</i>	ABSolutely <i>Michele</i>	9:05a <i>M</i>	Strong Flow Yoga <i>Laurie</i>	9:30a <i>MB</i>			Yoga School <i>Susan S.</i>	9:30a <i>MB</i>
				Spin * <i>Michele</i>	9:30a <i>S</i>					ABSolutely <i>Robert</i>	10:05a <i>G</i>
Strong Flow Yoga <i>Laurie</i>	12:00n <i>MB</i>	Cardio Xpress * <i>Jeannine (:45)</i>	12:15p <i>M</i>			Cardio Kickbox * <i>Robert</i>	12:15p <i>M</i>	Yoga <i>Jeff</i>	12:00n <i>MB</i>	BodyBlast Xpress * <i>Jirina</i>	10:30a <i>M</i>
Spin * <i>George</i>	12:15p <i>S</i>	Stretch-N-Flex <i>Guinevere</i>	1:00p <i>MB</i>	Strong Flow Yoga <i>Laurie</i>	12:00n <i>MB</i>	Pilates Sculpt <i>Carrie</i>	12:00p <i>MB</i>	Spin * <i>George</i>	12:15p <i>S</i>	Spin * <i>Jen La.</i>	10:15a <i>S</i>
Xtreme Results * <i>Scott</i>	1:00p <i>M</i>			Spin * <i>Robert</i>	12:15p <i>S</i>			Ultimate Sculpt * <i>Jeannine</i>	1:00p <i>M</i>	Resistance Rebound* <i>Andi</i>	11:05a <i>M</i>
				Ultimate Sculpt * <i>Susan D.</i>	1:00p <i>M</i>					Jivamukti Yoga <i>Jeff</i>	11:15a <i>MB</i>
BodyBlast * <i>Andi</i>	5:00p <i>M</i>	Spin * <i>Robert</i>	5:00p <i>S</i>	Pump * <i>Andi</i>	5:30p <i>M</i>	Power Pump * <i>George</i>	5:45p <i>M</i>	Spin * <i>Robert</i>	5:30p <i>S</i>	Sunday	
Rebounding * <i>Andi</i>	5:45p <i>M</i>	Pilates Mat <i>Sharon</i>	5:30p <i>MB</i>	Vinyasa Yoga <i>Jeff</i>	6:00p <i>MB</i>	Pilates Mat <i>Amy</i>	6:30p <i>MB</i>			Spin * <i>George</i>	9:30a <i>S</i>
Strong Flow Yoga <i>Laurie</i>	6:00p <i>MB</i>	Condition <i>Jen P. (:60)</i>	6:00p <i>M</i>	Rebounding * <i>Andi</i>	6:30p <i>M</i>			Vinyasa Yoga <i>Gilli</i>	6:30p <i>MB</i>	Yoga Detox <i>Laurie</i>	10:00a <i>MB</i>
Spin * <i>Michele</i>	6:30p <i>S</i>	Yoga <i>Laurie</i>	6:30p <i>MB</i>	Spin * <i>Robert</i>	6:30p <i>S</i>	Spin * <i>George</i>	6:30p <i>S</i>			Power Pump * <i>George</i>	10:30a <i>M</i>
		Spin * <i>Kristine</i>	7:00p <i>S</i>	ABSolutely <i>Jirina</i>	7:30p <i>M</i>	Boot Camp Sculpt * <i>Monica</i>	7:15p <i>M</i>				
ABSolutely <i>Monica</i>	7:30p <i>M</i>	Xtreme Results * <i>Franca</i>	7:00p <i>M</i>	Empower <i>Carrie & Laurie (:75)</i>	7:30p <i>MB</i>	Rock Asana Yoga <i>Jeff</i>	7:15p <i>MB</i>			Yoga <i>Gilli</i>	5:00p <i>MB</i>
Yoga <i>Susan S.</i>	7:30p <i>YS</i>	Boxer's Workout * <i>Teddy/Daniel</i>	7:30p <i>G</i>								
Spin Power * <i>Michele</i>	7:30p <i>S</i>	Yoga <i>Shauna (:75)</i>	7:30p <i>MB</i>			Some classes will be held outside if weather permits.		MB= Mind & Body studio M= Movement studio		S= Spin studio G=Gymnasium	
Bootcamp Sculpt <i>Monica</i>	8:00p <i>M</i>	Zumba <i>Dana</i>	8:00p <i>M</i>			Highlighted areas indicate changes.		* Advanced sign-up required. Classes subject to change without notice.			