

# FITNESS CLASS SCHEDULE

## monday

6 A.M.	30 MINUTE HIIT STUDIO
6:30 A.M.	30 CORE & STRETCH STUDIO
6:30 A.M.	SPIN & CORE SPIN ROOM
8 A.M.	TRX STUDIO
9 A.M.	SPIN SPIN ROOM
9 A.M.	BODY SCULPT STUDIO
10 A.M.	GENTLE YOGA STUDIO
11 A.M.	MAT PILATES STUDIO
11:15 A.M.	AQUATONE GARDEN POOL
5:30 P.M.	SPIN SPIN ROOM
6:30 P.M.	TRX SCULPT STUDIO

## thursday

6:30 A.M.	SPIN & CORE SPIN ROOM
8 A.M.	BARRE PILATES STUDIO
9 A.M.	TABATA STUDIO
10:30 A.M.	ZUMBA STUDIO
11:15 A.M.	AQUATONE GARDEN POOL
11:30 A.M.	STRETCH & MOBILITY STUDIO
5:30 PM	YOGA SCULPT STUDIO
6:30 P.M.	YOGA & SOUND STUDIO

## friday

6 A.M.	30 MINUTE HIIT STUDIO
6:30 A.M.	30 CORE & STRETCH STUDIO
6:30 A.M.	SPIN & CORE SPIN ROOM
8 A.M.	POWER BOXING STUDIO
9 A.M.	YOGA CORE MEETING ROOM
9 A.M.	BOOTY BOOTCAMP STUDIO
9 A.M.	SPIN SPIN ROOM
10 A.M.	TRX STUDIO
11 A.M.	YOGA & BREATHWORK STUDIO
11:15 A.M.	AQUATONE GARDEN POOL

## tuesday

6:30 A.M.	SPIN & CORE SPIN ROOM
8 A.M.	BARRE PILATES STUDIO
9 A.M.	SUPER CIRCUIT STUDIO
10:30 A.M.	ZUMBA STUDIO
11:15 A.M.	AQUATONE GARDEN POOL
11:30 A.M.	STRETCH & TONE STUDIO
5:30 P.M.	YOGA SCULPT STUDIO
6:30 P.M.	YOGA & SOUND STUDIO

## wednesday

6 A.M.	30 MINUTE HIIT STUDIO
6:30 A.M.	30 CORE & STRETCH STUDIO
6:30 A.M.	SPIN & CORE SPIN ROOM
8 A.M.	POWER BOXING STUDIO
9 A.M.	SPIN SPIN ROOM
9 A.M.	BODY SCULPT STUDIO
10 A.M.	GENTLE YOGA STUDIO
11 A.M.	TRX STUDIO
11:15 A.M.	AQUATONE GARDEN POOL
5:30 P.M.	SPIN SPIN ROOM
6:30 P.M.	TRX SCULPT STUDIO

## saturday

10 A.M.	FAMILY YOGA MEETING ROOM/OUTDOOR
10 A.M.	CARDIO SCULPT & CORE STUDIO
11 A.M.	DEEP STRETCH STUDIO
11:15 A.M.	AQUATONE GARDEN POOL

## sunday

9 A.M.	FAMILY YOGA STUDIO
10 A.M.	YOGA, ALL LEVELS STUDIO
11 A.M.	YOGA & SOUND STUDIO
11:15 A.M.	AQUATONE GARDEN POOL

Classes are 50 mins unless noted otherwise.  
Schedule is subject to change. Call the club desk at  
ext. 7474 to learn more.