

M	T	W	T	F	S	S
6:30-7:30 CYCLE SUE	5:00-6:00 BURN 1000* ZARINA	6:30-7:30 CYCLE DANA	5:00-6:00 BURN 1000* ZARINA <hr/> 6:00-7:00 SPIN/TONE SAILYN	6:30-7:30 CYCLE DANA	7:00-8:00 CYCLE NANCY	
8:00-9:00 BURN 1000* ZARINA	7:00-8:00 Burn 1000* ZARINA <hr/> 8:15-9:15 CYCLE LUIS	8:00-9:00 BURN 1000* ZARINA	7:00-8:00 Burn 1000* ZARINA <hr/> 8:15-9:15 CYCLE LUIS	8:15-9:15 KICKBOXING ZARINA	8:00-9:00 CYCLE NANCY	8:30-9:30 SPIN PILATES DANA
9:15-10:15 ON THE BALL COREY	9:15-10:15 PILATES JOYCE	9:15-10:15 CARDIO JAM MICHELLE	9:15-10:15 PILATES JOYCE	9:30-10:15 BELLY DANCE FUSION LUCY	9:00-10:00 KICKBOXING ZARINA SAILYN	9:30-10:30 CYCLE DANA
10:15-11:15 STRETCH AND STRENGTHEN LAURIE	10:15-11:15 BODY SHOP MICHELLE	10:30-11:15 LATIN DANCE PARTY LUCY	10:30-11:30 ZUMBA CHRISTINE	10:30-11:30 LIGHT & EASY LUCY	10:00-10:45 CARDIODANCE LUCY	
	4:00-4:30 *USA KARATE GRANT		4:00 – 4:30 *USA KARATE GRANT		10:45-11:45 SIMPLY HEALTHY SH members only	
	4:30-5:30  VARIETY LAURIE		4:30-5:30 ALL SYSTEMS GO! KIM			
5:30-6:30 CYCLE SAILYN	5:30-6:30 CYCLE TANYA NANCY	5:30-6:30 BEGINNING YOGA LAURIE	5:30-6:30 CYCLE NANCY	6:00-7:00 SPIN SURPRISE LISA		
6:30 –7:30 BODY SHOP MICHELLE	6:30-7:30 ALL SYSTEMS GO! KIM	6:30 –7:30 SPIN TO THE CORE MICHELLE	6:30-7:30 BELLDANCING LUCY			
7:30-8:30 BURN 1000* MICHELLE	7:30-8:30 BURN 1000* ZARINA	7:30-8:00 BOXING* LOUIE	7:30-8:30 BURN 1000* ZARINA			

ALL PASS MEMBERS MUST FILL OUT AN EXERCISE QUESTIONNAIRE AND APPROVED PRIOR TO PARTICIPATING

**\*Burn 1000 - Must be registered for this class in advance.**

**Prepayment is required for this class.**

SCHEDULES ARE SUBJECT TO CHANGE.