











	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:45 a.m		Cardio Sculpt					7:30 a.m 
8:30-9:30 a.m							
9:00-9:45 a.m		Senior Fitness		Senior Fitness			
9:30-10:30 a.m	Cardio Sculpt	 *9:15 start	PILOXING	 *9:15 start	YOGA	Muscle Workout	
10:15-10:30 a.m		15 Min ABS		15 Min ABS			
12:00-12:45 p.m		15 Min ABS *12:30 start	IRON YOGA	15 Min ABS *12:30 start			
6:00-7:00 p.m	YOGA			Yogalates			
6:30-7:30 p.m							

All Classes FREE to members.

