

# FITNESS CLASS SCHEDULE

## monday

6:30 A.M. SPIN & CORE SPIN ROOM  
8 A.M. MAT PILATES STUDIO  
9 A.M. SPIN SPIN ROOM  
9 A.M. BODY SCULPT STUDIO  
10 A.M. GENTLE YOGA STUDIO  
11:15 A.M. AQUATONE GARDEN POOL  
5:30 P.M. 45 STRENGTH/45 YOGA STUDIO

## tuesday

6:30 A.M. SPIN & CORE SPIN ROOM  
8 A.M. TRX STUDIO  
9 A.M. SUPER CIRCUIT STUDIO  
10:30 A.M. ZUMBA STUDIO  
11:30 A.M. GENTLE STRETCH & TONE STUDIO  
1 P.M. SOUNDBATH MEDITATION STUDIO

## wednesday

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  
11:15 A.M. AQUATONE GARDEN POOL  
5:30 P.M. 45 STRENGTH/45 YOGA STUDIO

## thursday

6:30 A.M. SPIN & CORE SPIN ROOM  
8 A.M. TRX STUDIO  
9 A.M. SPIN SPIN ROOM  
9 A.M. TABATA STUDIO  
10:30 A.M. ZUMBA STUDIO  
11:30 A.M. PILATES YOGA FUSION STUDIO

## friday

6:30 A.M. SPIN & CORE SPIN ROOM  
9 A.M. BOOTY BOOTCAMP STUDIO  
10 A.M. GENTLE YOGA STUDIO  
11:30 A.M. AQUAGROOVE GARDEN POOL

## saturday

9 A.M. FAMILY YOGA STUDIO  
10 A.M. CARDIO SCULPT & CORE STUDIO  
11 A.M. DEEP STRETCH STUDIO

## sunday

9 A.M. BOOTY BOOTCAMP STUDIO  
10 A.M. YOGA, ALL LEVELS STUDIO  
11:15 A.M. SOUNDBATH MEDITATION STUDIO

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