

## FITNESS CLASSES

	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>	<u>Sunday</u>
5:00 a.m.	CIRCUIT TRAINING BROOKE-B		CIRCUIT TRAINING BROOKE-B		CIRCUIT TRAINING BROOKE-B		
5:45 a.m.		CIRCUIT TRAINING AUTUMN - A		CIRCUIT TRAINING AUTUMN - A	CIRCUIT TRAINING AUTUMN - A		
7:00 a.m.	YOGA FOR HEALTH ALISON - Y		YOGA FOR HEALTH ALISON - Y		YOGA FOR HEALTH ALISON - Y		
8:00 a.m.	YOGA FOR HEALTH CINDY - Y	BEGINNING YOGA TERRI - Y	YOGA FOR HEALTH CINDY - Y	BEGINNING YOGA TERRI - Y	YOGA FOR HEALTH CINDY - Y		
8:00 a.m.		SENIOR STRENGTH MANDY - B		SENIOR STRENGTH MANDY - B			
8:15 a.m.	SS CLASSIC TAMIKA-A		SS CLASSIC TAMIKA-A		SS CLASSIC TAMIKA-A		
8:15 a.m.							
8:30 a.m.						CDP EMILY-A	
9:00 a.m.	ZUMBA TM MAUREEN - A		ZUMBA TM MAUREEN - A		ZUMBA TM MAUREEN - A		
9:00 a.m.	CHAIR YOGA CINDY - Y	YOGA LEVEL I & II TERRI - Y	CHAIR YOGA CINDY - Y	YOGA LEVEL I & II TERRI - Y	CHAIR YOGA ALISON - Y	PILATES MAT SUSAN - Y	
9:00 a.m.	MACHINE ORIENTATOIN SUZANNE-FF	MACHINE ORIENTATION SUZANNE-FF	MACHINE ORIENTATION SUZANNE-FF	MACHINE ORIENTATION SUZANNE-FF			
9:00 a.m.	SCULPTING MEKEL-B		SCULPTING MEKEL-B		SCULPTING MEKEL-B		
10:00 a.m.							
10:00 a.m.	YOGA FOR HEALTH DEBORA - Y		YOGA FOR HEALTH DEBORA - Y		YOGA FOR HEALTH ALISON - Y		
10:00 a.m .		YOGA LEVEL I & II DEBORA - Y		YOGA LEVEL I-III DEBORA - Y			
10:15 a.m.						POUND *TM SUSAN-B	
11:00 a.m.	BEGINNING YOGA TERRI - Y		BEGINNING YOGA TERRI - Y				
11:45 a.m.	CIRCUIT TRAINING TYLER - A	SEAL-FIT BOB - F/A	CIRCUIT TRAINING TYLER - A	SEAL-FIT BOB - F/A			
4:15 p.m.	BEGINNING YOGA JAN - Y		BEGINNING YOGA JAN - Y				
4:30 p.m.							
4:45 p.m.		CARDIO DANCE PARTY DEANNA - A		CARDIO DANCE PARTY DEANNA - A			
5:00 p.m.		POUND *TM SUSAN-B		POUND *TM SUSAN-B			
5:15 p.m.	TOTAL BODY LAURIE-A		TOTAL BODY LAURIE-A				
5:15 p.m.	CYCLING BARBARA - C		CYCLING BARBARA - C				
5:30 p.m.							
5:30 p.m.		BODY SCULPTING SUSAN - B		BODY SCULPTING SUSAN - B			
5:30 p.m.	BEGINNING YOGA DEBORA - Y		BEGINNING YOGA DEBORA - Y		BEGINNING YOGA DEBORA - Y		
6:30 p.m							
6:45 p.m.		CYCLING SUSAN-C		CYCLING SUSAN-C			

### MAFC HOURS

### CHILD CARE HOURS

### FITNESS KEY

MON. - THURS.

5:00 A.M. - 10:00 P.M.

8:00 a.m. - 12:30 p.m.

4:00 p.m. - 7:30 p.m.

A = CLASS ROOM A Y = YOGA STUDIO

FRIDAY

5:00 A.M. - 8:00 P.M.

8:00 a.m. - 12:30 p.m.

NO EVENING

B = CLASS ROOM B =TradeMark

SATURDAY

7:00 A.M. - 5:00 P.M.

8:30 a.m. - 11:30 a.m.

NO EVENING

C = CYCLING STUDIO

**NEW CLASS**

SUNDAY

1:00 P.M. - 6:00 P.M.

NO SUNDAY

NO SUNDAY

F = FITNESS FLOOR

