

Program Schedule



Fall (Sept-Dec) 2018

Monday				Tuesday				Wednesday				Thursday			
Com. Rm.	Studio A	Studio B	Studio C	Com. Rm.	Studio A	Studio B	Studio C	Com. Rm.	Studio A	Studio B	Studio C	Com. Rm.	Studio A	Studio B	Studio C
Total Body HIIT 6:05-6:50 Bobi Sept 10-Dec 17			Spin 6:15-7:15 Bill Sept 10-Dec 17		*Sample our registered classes on Sept 18-20 at no charge (space permitting, these dates only)				*Sample our registered classes on Sept 18-20 at no charge (space permitting, these dates only)			Total Body HIIT 6:05-6:50 Bobi Sept 6-Dec 20	*Sample our registered classes on Sept 18-20 at no charge (space permitting, these dates only)		
					Pilates Mat Int/Adv* 9-9:55 Jackie Sept 25-Nov 27			NEW Group PT* 7-7:55 Erin Sept 26-Nov 28		Core Strength* 8:45-9:40 Ocean Sept 26-Nov 28					
Classic Cardio 9:30-10:30 Zena Sept 10-Dec 17	Pilates Mat Int* 9:30-10:25 Jackie Sept 17-Nov 26	Yoga Ref* 10-10:55 Ocean Sept 17-Nov 26		Body Sculpt 9:30-10:30 Zena Sept 4-Dec 18		Pilates Eq Ess* 9:30-10:25 Ocean Sept 25-Nov 27		Cardio Mix 9:30-10:30 Zena Sept 5-Dec 19	Yoga Flow* 9:45-10:40 Ocean Sept 26-Nov 28		Pilates Eq Int* 9-9:55 Jackie Sept 26-Nov 28		NEW Fascial Fitness* 9:30-10:25 Ocean Sept 27-Nov 29		Pilates Eq Int* 9-9:55 Jackie Sept 27-Nov 29
Rental 10:30 - 11	Pilates Mat Int/Adv* 10:30-11:25 Jackie Sept 17-Nov 26			Rental 10:30 - 11				Rental 10:30 - 11				Rental 10:30 - 11	Pilates Mat Ess* 10:30-11:25 Ocean Sept 27-Nov 29		
Body Sculpt 12:05-12:55 Zena Sept 19-Dec 17		Pilates Eq Ess* 12-12:55 Elsbeth Sept 17-Nov 26		Tabata 12:30-1:15 Sonja Sept 4-Dec 18		Pilates Eq Int* 12:30-1:25 Ocean Sept 25-Nov 27		Bootcamp 12:05-12:55 Sabrina Sept 5-Dec 19		Pilates Eq Int* 11:30-12:25 Susan Sept 26-Nov 28		Classic Cardio 12:05-12:40 Sonja Sept 6-Dec 20			Spin 12:10-12:50 Leanna Sept 6-Dec 20
NEW Dropin Pickleball 2:15-4:15								NEW Pickleball Prep* 2-3 Susan Sept 26-Nov 28							
								NEW Dropin Pickleball 3-4:45							
Group PT* 5:05-5:55 Sonja Sept 17-Nov 26	Dropin Yoga 5:05-5:55 Brian Sept 10-Dec 17		Spin 5:15-6 Gilles Sept 10-Dec 17	Dropin Basketball 4:30-5:55				Spin 5:15-6 Stephanie Sept 4-Dec 18	Group PT* 5:05-5:55 Sonja Sept 26-Nov 28	Yoga Flow* 5-5:55 Stefanie W Sept 26-Nov 28		Dropin Yoga 5:05-5:55 Sara Sept 6-Dec 20		Pilates Eq Ess* 5:15-6:10 Elsbeth Sept 27-Nov 29	Spin 5:15-6 Tammy Sept 6-Dec 20
Heart for Life* 6-7:30 Zena Sept 10-Dec 10	Zumba 6:30-7:30 Tina Sept 10-Dec 17			Karate Club* 6-8 Sept 6-Dec 6		Strong by Zumba 6:45-7:45 Tina Sept 4-Dec 18		Heart for Life* 6-7:30 Zena Sept 5-Dec 12	Body Sculpt 6:05-6:55 Marie Sept 5-Dec 19		Pilates Eq Int* 5:30-6:25 Elsbeth Sept 26-Nov 28	Karate Club* 6-8 Sept 6-Dec 6		Pound 6:30-7:15 Kaycie Sept 13-Dec 20	
cleaning 7:30-8				NEW Group PT* 8-8:55 Erin Sept 25-Nov 27				cleaning 7:30-8				NEW Group PT* 8-8:55 Erin Sept 27-Nov 29			
Cheer Club* 8-10:30 Sept 10-Dec 5	Dance Club* 8-10 Sept 10-Dec 8		* no registered classes October 8	cleaning 9-10		Dance Club* 8-10 Sept 10-Dec 8		Cheer Club* 8-10 Sept 10-Dec 5				cleaning 9-10			

Friday				Saturday				Sunday				DROP-IN CLASS DESCRIPTIONS	
Com. Rm.	St. A	St. B	St. C	Com. Rm.	St. A	St. B	St. C	Com. Rm.	St. A	St. B	St. C		
			Spin 6:15-7:15 Bill/Doug Sept 7-Dec 14				Spin 8:30-9:30 Doug Sept 8-Dec 15						<p>Tabata/Total Body HIIT/Bootcamp: An action packed fitness class filled with High Intensity Interval Training designed to challenge your body, burn fat and build lean muscle.</p> <p>Cardio Mix/Classic Cardio: Back to the basics with all the fun and fabulous music and moves that you love including the occasional Zumba flare.</p> <p>More Core: A focus on core strengthening for an energy packed workout that will leave you feeling fit and functional.</p> <p>Drop in Yoga: Introductory Yoga good for those who want flexibility and relaxation.</p> <p>Body Sculpt: Abs, Legs and More with a new attitude - using tubing, weights, bars, balls, balance boards, and more.</p> <p>Strong by Zumba: High intensity interval class — think burpees, pushups, and other high-impact moves — synced to specific music.</p> <p>Zumba/Zumfit: Fun, effective, easy to follow, Latin-inspired, calorie burning dance fitness party!</p> <p>Body Works: Fun filled class which challenges cardiovascular, strength and flexibility.</p> <p>Pound: A cardio jam session inspired by the energizing and sweaty fun of playing the drums.</p> <p>Spin: If you are new to spin, please arrive early to be sized for your bike.</p> <p>Spin classes do not require bike reservation. Arrive early to secure your bike.</p> <p>Ask for more details on registered classes.</p>
NEW Group PT* 7-7:55 Erin Sept 28-Nov 30	*Sample our registered classes on Sept 18-20 at no charge (space permitting, these dates only)												
Body Sculpt 9:30-10:30 Zena Sept 7-Dec 21		NEW Pilates Eq Int* 9-9:55 Ocean Sept 28-Nov 30		Group PT* 9:30-10:25 Sonja Sept 15-Nov 24									
Rental 10:30 - 11	Yoga Flow* 10-10:55 Ocean Sept 28-Nov 30			Zumba 10-10:55 Tina Sept 8-Dec 15		NEW Bounce Pilates* 10-10:55 Susan Sept 15-Nov 24		Classic Cardio 10-11 Zena Sept 2-Dec 23					
Bootcamp 12:05-12:55 Rick Sept 7-Dec 14						NEW Pilates Eq Ess* 11-11:55 Susan Sept 15-Nov 24							
				*Sample our registered classes on Sept 18-20 at no charge (space permitting, these dates only) *see front desk for details									
NEW Dropin Pickleball 3-5	Dropin Yoga 4-4:50 Sonja Sept 7-Dec 21							Fitness in Chinese* 4-4:55 Jason Sept 16-Nov 25	Dropin Yoga 4-4:55 Stefanie B. Sept 2-Dec 16				
Classic Cardio 5:30-6:30 Taya Sept 7-Dec 14								Fitness in Chinese* 5-5:55 Jason Sept 16-Nov 25					
cleaning 6:30-7:30	Dance Club* 6-8 Sept 10-Dec 8			cleaning 6-7				Fitness in Chinese* 6-6:55 Jason Sept 16-Nov 25					
												* no registered classes October 7	

Com. Rm.=Community Room
 St. A=Studio A
 St. B=Studio B
 St. C=Studio C

Schedule Subject to Change- See front desk for up to date schedule
 *requires registration and may have an additional class fee
 ^indicates Women's only classes



Pilates Mat Int*	9:30-10:25	Jackie	Sept 17-Nov 26	
Yoga Ref*	10-10:55	Ocean	Sept 17-Nov 26	
Pilates Mat Int/Adv*	10:30-11:25	Jackie	Sept 17-Nov 26	
Pilates Eq Ess*	12-12:55	Elspeth	Sept 17-Nov 26	
Group PT*	5:05-5:55	Sonja	Sept 17-Nov 26	
Pilates Mat Int/Adv*	9-9:55	Jackie	Sept 25-Nov 27	
Pilates Eq Ess*	9:30-10:25	Ocean	Sept 25-Nov 27	
Pilates Mat Ess Senior*	10:30-11:25	Jackie	Sept 25-Nov 27	
Pilates Eq Int*	12:30-1:25	Ocean	Sept 25-Nov 27	
NEW	Group PT*	8-8:55	Erin	Sept 25-Nov 27
NEW	Group PT*	7-7:55	Erin	Sept 26-Nov 28
Core Strength*	8:45-9:40	Ocean	Sept 26-Nov 28	
Pilates Eq Int*	9-9:55	Jackie	Sept 26-Nov 28	
Yoga Flow*	9:45-10:40	Ocean	Sept 26-Nov 28	
Pilates Eq Ess*	11:30-12:25	Susan	Sept 26-Nov 28	
Pilates Eq Int*	12:30-1:25	Susan	Sept 26-Nov 28	
NEW	Pickleball Prep*	2-3	Susan	Sept 26-Nov 28
Yoga Flow*	9-5:55	Stefanie W	Sept 26-Nov 28	
Group PT*	5:05-5:55	Sonja	Sept 26-Nov 28	
Pilates Eq Int*	5:30-6:25	Elspeth	Sept 26-Nov 28	
Pilates Eq Int*	9-9:55	Jackie	Sept 27-Nov 29	
NEW	Fascial Fitness*	9:30-10:25	Ocean	Sept 27-Nov 29
Pilates Mat Ess*	10:30-11:25	Ocean	Sept 27-Nov 29	
Pilates Eq Ess*	5:15-6:10	Elspeth	Sept 27-Nov 29	
Barre*	5:30-6:25	Kaycie	Sept 27-Nov 29	
NEW	Group PT*	8-8:55	Erin	Sept 27-Nov 29
NEW	Group PT*	7-7:55	Erin	Sept 28-Nov 30
NEW	Pilates Eq Int*	9-9:55	Ocean	Sept 28-Nov 30
Yoga Flow*	10-10:55	Ocean	Sept 28-Nov 30	
Pilates Mat Int*	9-9:55	Susan	Sept 15-Nov 24	
Group PT*	9:30-10:25	Sonja	Sept 15-Nov 24	
NEW	Bounce Pilates*	10-10:55	Susan	Sept 15-Nov 24
NEW	Pilates Eq Ess*	11-11:55	Susan	Sept 15-Nov 24
Fitness in Chinese*	4-4:55	Jason	Sept 16-Nov 25	
Fitness in Chinese*	5-5:55	Jason	Sept 16-Nov 25	
Fitness in Chinese*	6-6:55	Jason	Sept 16-Nov 25	

Pilates Mat Int*