

Program Schedule



Sept 3-9 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				
<p style="text-align: center;">Open Summer Holiday Hours 8am to 5pm no classes</p>													Total Body HIIT 6:05-6:50 Bobi						

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		
													<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. Spin classes do not require bike reservation. Arrive early to secure your bike.</p> <p>Ask for more details on registered classes.</p>

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/Adv*	8-9:55	Jaci	St Sept 18	
Pilates Eq Ess*	Ocean 8:30-10:25		St Sept 18	☒
Pilates Mat Ess Senior*	10:30-11:25		St Sept 18	
Pilates Eq Int*	Ocean 12:30-1:25		St Sept 18	☒
Group PT*	8-8:55	Erin	NEW	St Sept 18
Group PT*	7-7:55	Erin	NEW	St Sept 19
Core Str.*	8:45-9:40	Ocean	St Sept 19	
Pilates Eq Int*	Jackie 9-9:55		St Sept 19	
Yoga Flow*	9:45-10:40	Ocean	St Sept 19	
Pilates Eq Ess*	Susan 11:30-12:25		St Sept 19	
Pilates Eq Int*	Susan 12:30-1:25		St Sept 19	
Pickleball Prep*	NEW 2-3	Susan	St Sept 19	
Yoga Flow*	5-5:55	Stefanie W	St Sept 19	
Group PT*	5:05-5:55	Sonja	St Sept 19	
Pilates Eq Int*	Elspeth 5:30-6:25		St Sept 19	
Pilates Eq Int*	Jackie 9-9:55		St Sept 20	☒
NEW	FascialFit*	9:30-10:25		St Sept 20
Pilates Mat Ess*	Ocean 10:30-11:25		St Sept 20	
Pilates Eq Ess*	Elspeth 5:15-6:10		St Sept 20	
Barre*	5:30-6:25	Kaycie	St Sept 20	
Group PT*	8-8:55	Erin	NEW	St Sept 20
Group PT*	7-7:55	NEW	Erin	St Sept 21
Pilates Eq Int*	NEW 9-9:55			St Sept 21
Yoga Flow*	10-10:55	Ocean	St Sept 21	
Pilates Mat Int*	Susan 9-9:55		St Sept 15	☒
Group PT*	9:30-10:25	Sonja	St Sept 15	
Bounce Pilates*	NEW 10-10:55		St Sept 15	☒
Pilates Eq Ess*	NEW 11-11:55		St Sept 15	☒
Fitness in Chinese*	4-4:55	Jason		St Sept 16
Fitness in Chinese*	5-5:55	Jason		St Sept 16
Fitness in Chinese*	6-6:55	Jason		St Sept 16

Pilates Mat Int*