

## **SUNDAYS**

9:00 AM  
**YOGA W/FELICIA**

## **MONDAYS**

7:30 AM  
**BARRE STRENGTH  
W/DANNETTE**  
8:30 AM  
**CYCLE+ STRENGTH  
W/MEG**  
10:30 AM  
**YOCHI W/JACKIE**  
5:00 PM  
**VINYASA YOGA  
W/JUDY**

## **TUESDAYS**

8:30 AM  
**STRENGTH W/ROBIN**  
9:00 AM  
**AQUA HIIT W/JACKIE**  
11:00 AM  
**SENIOR STRONG  
W/MARK**

## **WEDNESDAYS**

7:30 AM  
**CYCLE W/DANNETTE**  
8:30 AM  
**BARRE W/MICHELLE**  
9:00 AM  
**\*AQUA W/ERIN**  
5:00 PM  
**MEDITATION  
W/JACKIE**

## **THURSDAYS**

8:00 AM  
**\*AQUA W/BEV**  
8:30 AM  
**PILATES  
W/DANNETTE**  
9:30 AM  
**STRENGTH+  
W/DANNETTE**  
11:00 AM  
**SENIOR STRONG  
W/MARK**

## **FRIDAYS**

7:30 AM  
**CYCLE W/NANNETTE**  
8:30 AM  
**CARDIO UP+  
W/NANNETTE**

## **SATURDAYS**

9:00 AM  
**YOGA W/JACKIE**

