



HEALTH & FITNESS

Studio C

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30-6:15am		Spinning/Cycle 16 yrs +		Spinning/Cycle 16 yrs +		
8:00-8:45am						Spinning/ Cycle 16 yrs +
9:00-10:00am	Senior Circuit Fitness Floor	Yoga 12yrs +	Senior Circuit Fitness Floor	Yoga 12yrs +		
11:15-12:00n		Spinning/Cycle 16 yrs + (Kathy)		Spinning/Cycle 16 yrs + (Erin)		
4:00-5:00pm						
4:45 - 5:30pm						
5:30-6:30pm	Yoga 12 yrs + CONFERENCE ROOM					
5:30 - 6:15pm		Spinning/Cycle 16 yrs + (Leslie)		Spinning/Cycle 16 yrs + (Leslie)		
6:30-7:30pm			Yoga 12 yrs + CONFERENCE ROOM	Yoga 12 yrs + CONFERENCE ROOM		
7:30-8:00pm						

*All classes are suitable for any level or ability.

*Aerobics classes require participants to be age 16 or older unless otherwise noted.

*Please note that all classes are subject to instructor approval. .

*See class descriptions located at Member Services