

**HEALTH & FITNESS** CENTER

## Fitness Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday	<b>*Pool Hours*</b>  Monday - Friday 5:30a-8:00p Sat/Sun 9:00a-5:00p	
6:30-7:30am		<b>Cycle</b> Gina		<b>Cycle</b> Gina			
7-8am	<b>Aqua</b> Ruth	<b>Aqua</b> Ruth	<b>Aqua</b> Ruth	<b>Aqua</b> Ruth	<b>Aqua</b> Ruth		
8-9am	<b>Aqua</b> Ruth		<b>Aqua</b> Ruth		<b>Aqua</b> Ruth		
8-8:30am	<b>Zumba Burst</b> Stephanie		<b>Zumba Burst</b> Stephanie		<b>Zumba Burst</b> Stephanie		
8:15-9am		<b>Forever Fit</b> Kathryn		<b>Forever Fit</b> Kathryn			
9-10am	<b>Mashup</b> Misty	<b>Zumba</b> Stephanie	<b>Mashup</b> Misty	<b>Zumba</b> Stephanie	<b>Mashup</b> Misty	*Please note class schedule is modified periodically to address member feedback, class popularity, & participation level. Classes with low participation level are subject to cancellation. *Pool hours are also subject to change at the discretion of the fitness staff.	
10:30-11:30	<b>Yoga</b> Luci		<b>Yoga</b> Luci		<b>Yoga</b> Luci		
<b>POOL IS CLOSED FROM 11:00-12:00</b> <b>POOL IS CLOSED FROM 2:00-3:00</b>							
5:45-6:45pm		<b>Restorative Yoga</b> Luci		<b>Restorative Yoga</b> Luci			
6-7pm	<b>Cycle</b> Mike		<b>REFIT</b> Debi				