



Time	Monday	Instructor
5:30am	BODYPUMP 60 min.	Amy
7:00am	GRIT 30 min	
9:00am	Cardio Bootcamp GX/Gym 30 min.	Amy
9:35am	BODYPUMP 60 min.	Amy
12:15pm	Bootcamp/Cycle ABC	Jamie
2:00pm	BODYPUMP 60 min.	
3:00pm	GRIT 30 min	
4:30pm	Strength/Cardio Intevals 30min	Anna
5:00pm	Abs/Glutes 30min	Anna
5:30pm	BODYPUMP 60 min.	Rhonda
6:40pm	Strenght/Cardio Intervals 30min	Robin
7:15pm	BODYFLOW 30 min.	Scarlet
8:00pm	BODYPUMP 60 min.	

Time	Thursday	Instructor
5:30am	BODYCOMBAT 60 min.	Danielle
7:00am	BODYPUMP 60 min.	
9:00am	Low Impact Aerobics	Karen
10:00am	Silver Sneaker Classic	Karen
11:00am	Silver Sneaker Classic	Angie
12:15pm	Strenght/Cardio Intervals	Jamie
2:00pm	GRIT 30 min	
3:00pm	CXWORX 30 min	
4:20pm	BODYPUMP 60 min.	Justin
5:30pm	Cardio Kickbox	Rhonda
6:30pm	GRIT 1st & 3rd 30 min	Ken
	Kettlebell 2nd & 4th	
7:05pm	Simple Step	Myra
8:00pm	Cardio Dance 45 min.	Hannah

Time	Tuesday	Instructor
5:15am	Endurance - Beastmode	
7:00am	BODYPUMP 60 min.	
8:15am	Pilates on the Ball	Dana
9:00am	Low Impact Aerobics	Angie
10:00am	Silver Sneakers Classic	Amy
11:00am	Silver Sneakers Classic	Angie
12:15pm	Cardio Kick-box 30 min.	Amy
2:00pm	GRIT 30 min	
3:00pm	CXWORX 30 min	
4:20pm	BODYPUMP 60 min.	Jen H.
5:30pm	Hip Hop	Felix
6:30pm	Total Abs	Myra
7:00pm	Low Impact Aerobics	Myra
8:00pm	BODYCOMBAT 60 min.	Lorrie

Time	Friday	Instructor
5:30am	BODYPUMP 60 min.	Danielle
7:00am	GRIT 30min	
9:00am	BODYPUMP 60 min.	Jen H.
10:15am	Silver Sneaker Stretch	Virginia
2:00pm	BODYPUMP 60 min.	
3:00pm	BODYCOMBAT 30 min.	
5:30pm	BODYPUMP 60 min.	Myra

Time	Wednesday	Instructor
7:00am	GRIT 30 min	
9:00am	Strenght/Cardio Intervals	Amy
10:00am	BODYPUMP 60 min.	Karen
11:15am	Beginning Line Dance	Susan A.
12:15pm	Kettlebell	Jamie/Penny
2:00pm	BODYPUMP 60 min.	
3:00pm	GRIT 30 min	
4:30pm	Strenght/Cardio Intervals	Jen
5:30pm	Hip Hop	Adriane/Shay
6:45pm	BODYPUMP 60 min	Ashley
8:00pm	Zumba 45 min.	Kimberly

Time	Saturday	Instructor
8:00am	Bootcamp	Rotation
9:00am	BODYPUMP 60 min.	Rotation
10:30am	GRIT 30 min.	
11:15am	CXWORX 30 min.	
12:00pm	Sh'BAM 45 min.	
1:00pm	GRIT 30 min.	
2:00pm	BODYPUMP 60 min.	
3:15pm	BODYFLOW 30 min.	
4:00pm	BODYCOMBAT 60 min.	

Time	Sunday	Instructor
2:00pm	BODYFLOW 30 min	Rotation
3:00pm	CXWORX 30 min	Rotation
4:00pm	BODYPUMP 60 min.	

Les Mills Virtual-Streaming
 Steaming Virtual Classes allow you to experience a variety of workouts on your own when it's convenient. Feel free to leave when you want. Let a staff person know if there is a class you want to work out to and they will set it up.
 Please put away equipment when finished. Enjoy!