

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:45AM		Step Interval Main Studio Barb	Barre Main Studio Barb		Weights Main Studio Barb		
8:00AM							Weights Main Studio Deb
8:30AM	Jazzercise Main Studio Jeanne						
9:00AM		Barre Main Studio Barb	Kickboxing Core Main Studio Barb	Weights Main Studio Barb	Spin Main Studio Deb	Intervals Main Studio Deb	Spin Main Studio Deb
10:00AM	Open Yoga Yoga Studio Eileen			Boxing Circuit* Main Studio Barb			Morning Flow Yoga Yoga Studio Patty
10:15AM		Open Yoga Yoga Studio Eileen	Flow Yoga Yoga Studio Ian	Open Yoga Yoga Studio Nancy		Flow Yoga Yoga Studio Ian	
10:30AM		Silver Sneakers* Main Studio Jen	Zumba Silver* Main Studio Maria		Silver Sneakers* Main Studio Jen	Chair Yoga* Main Studio Kari	
11:45AM		RSB Main Studio Jen Preregistration Req			RSB Main Studio Jen Preregistration Req		
4:00 PM		Jazzercise Main Studio Jeanne		Jazzercise Main Studio Jeanne			
4:45 PM			Jazzercise Main Studio Jeanne		Jazzercise Main Studio Jeanne		
5:00 PM		Weights Main Studio Linda		Jazzercise Low Impact Main Studio Jeanne			
5:30 PM			Hatha Flow Yoga Yoga Studio Patty		Hatha Flow Yoga Yoga Studio Patty		

3/5/24 \$75 a month UNLIMITED CLASSES - \$15 per class - \$10 for *