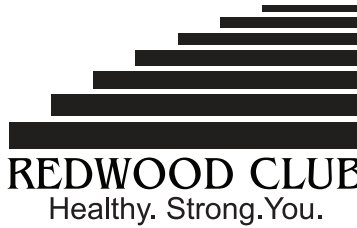




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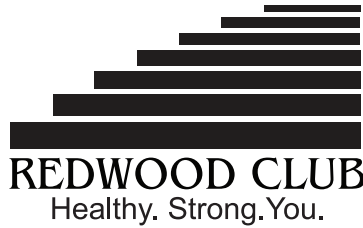
Club Hours
 Mon-Thurs 5:00am-10:00pm
 Fri 5:00am-8:30pm
 Sat-Sun 6:30am-7:00pm

Group X Schedule September 2019

MON	TUE	WED	THU	FRI	SAT	SUN
		6:00-6:45am Spin Julie/Leland				
8:00-8:50am Spin Sonya	8:00-8:55am Hatha Flow Miki	8:00-8:50am Spin Geri	8:00-8:55am Hatha Yoga Al	8:00-8:50am Spin Sonya	8:00-8:50am Spin Staff	8:30-9:30am C BURN Staff
9:00-9:55am Core & More Sue	9:00-9:55am C BURN Eve	9:00-9:55am Strength Training Geri	9:00-9:50am Spin Cara/Geri	9:00-9:55am C BURN Geri	9:00-9:55am Above the Bar / Core Staff	
10:10-11:05am Vinyassa Flow Jessica	10:10-11:05am Pilates Mat Jacquie	10:10-11:05am Vinyassa Flow Jessica	10:10-11:05am Pilates Mat Jacquie		10:00-10:55am Pilates Mat Lisa	10:10-11:05am Integrative Yoga Marjorie
11:10-12:05pm Cardio Dance Laura	11:10-12:05pm 20-20-20 Laura	11:10-12:05pm Pilates Barre Lisa	11:10-12:05pm 20-20-20 Laura			
	12:15-1:15pm Back Stabilization Sally P.T.		12:15-1:15pm Back Stabilization Sally P.T.			
	4:30-5:20pm Spin & Strength Amy					
5:00-5:55pm Line Dancing Ana	5:30-6:25pm Tai Chi Al		5:00-5:50pm Spin Jamie/Julie	5:00-5:55pm Integrative Yoga Marjorie		
6:00-6:55pm Pilates Plus Sue	6:30-7:25pm PIYO DEMO CLASS 9/10 Aspen	6:00-6:55pm Cardio Circuit Cara	6:00-6:50pm Yoga Natasha			



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TRC Fit Schedule September 2019

MON	TUE	WED	THU	FRI	SAT	SUN
5:30am Afterburn TRC Fit (\$)	5:30am Cardio Circuit TRC Fit (\$)	5:30am Russian Circuit TRC Fit (\$)	5:30am Cardio Circuit & Core TRC Fit (\$)	5:30am Afterburn TRC Fit (\$)		
6:00pm Boxing TRC Fit (\$)	6:00pm Pilates & Stretch for Athletes TRC Fit (\$)	6:00pm HIIT TRC Fit (\$)	6:00pm Russian Circuit TRC Fit (\$)			

Aqua Class Schedule September 2019

MON	TUE	WED	THU	FRI	SAT	SUN
10:15-11:15am Aqua Aerobics Alex	10:15-11:15am Sports Conditioning Geri/Sheila	10:15-11:15am Aqua Aerobics Kristina	10:15-11:15am Aqua Caliente Kristina	10:15-11:15am Aqua Aerobics Eve	10:00-11:00am Aqua Aerobics Staff	
6:00-7:00pm Aqua Aerobics Kristina		6:00-7:00pm Aqua Aerobics Sheila				