



MONDAY		
AM	CLASS	INSTRUCTOR
8:30-9:15	Step	Holly
12:00-12:45	Pilates	Dee
PM		
5:00-5:30	Mini Boot camp	April Cook
5:30-6:15	Cycle	Brittany
5:30-6:30	Rock Hard	Stacy Taylor
6:30-7:30	Extreme Cycle	Stephanie Bond
6:30-7:30	Zumba	Ruth

Tuesday		
AM	CLASS	INSTRUCTOR
5:40-6:30	Cycle	April Cook
8:15- 9:00	Weight Training 101	Hollie S.
9:30am- 10:30am	Total Chaos	April Hall
11:00-11:45	Silver Sneakers	April Hall
PM		
5:15-6:15	Cycle	Lexie
5:30-6:30	Boot Camp	Dee
6:30-7:30	Cycle	Stephanie
6:30-7:15	Pilates	Dee

Wednesday		
AM	CLASS	INSTRUCTOR
5:40- 6:30	Cycle	Bernie
8:30-9:15	Cardio Jam	Hollie Stewart
9:30- 10:15	Mat Works	Mary Ann
9:30-10:30	Extreme Spin	Lyndsey/Shawn
PM		
5:30-6:30	Peak Kids	Brooke
5:30-6:20	Cycle	Courtney
6:30-7:30	Zumba	Ruth

THURSDAY		
AM	CLASS	INSTRUCTOR
5:40-6:30	Cycle	Stephanie
8:15-9:00	Cycle	Mary Ann
8:15-9:00	Weight 101	Hollie Stewart
9:30-10:30	Extreme Pilates	Dee
11:00-11:45	Silver Sneakers	Rosemary
PM		
5:15-6:00	Cardio Sculpt	Dee
5:15-6:15	Cycle	Courtney
6:00-6:45	Pilates	Dee
6:15-7:15	Extreme Cycle	April Cook

FRIDAY		
AM	CLASS	INSTRUCTOR
8:30-9:15	Last Chance Workout	Holly
9:30am- 10:30am	Cycle	Brittany Keith
10:30am-11:30	Yolates	Dee
11:00-11:45	Senior Weight Training	RoseMary

Weekends		
SATURDAY	CLASS	INSTRUCTOR
9:00am-9:45am	Peak Pump	Hollie Stewart
10:00-11:00	Cycle	Bernie
SUNDAY	CLASS	INSTRUCTOR
NO	CLASSES	TODAY

Effective 12-14-2011