



Business Hours	
Monday-Thursday	4:00 AM-11:00 PM
Friday	4:00 AM-9:00 PM
Saturday-Sunday	6:00 AM-8:00 PM
Rec Room Babysitting Hours	
Monday-Friday	9:00 AM-1:15 PM
Monday-Thursday	4:00 PM-7:30 PM
Friday	4:00 PM-6:30 PM
Saturday	8:00 AM-12:00 PM

Format Legend	
Cardio	Dance
Mind/Body & Pilates	Silver Sneakers
Strength	Specialty Format

New classes added this month!

High Court

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Muscle Works 5:30-6:30 AM Nancy		LES MILLS BODYPUMP 5:30-6:15 AM Tracey		
SilverSneakers® Classic 8:10-8:55 AM Vikki	SilverSneakers® Circuit 8:10-8:55 AM Tracey	SilverSneakers® Classic 8:10-8:55 AM Kelly	SilverSneakers® Circuit 8:10-8:55 AM Dixie/Robin	SilverSneakers® Classic 8:10-8:55 AM Shiho/Team	Muscle Works 8:30-9:30 AM Deb
Muscle Works 9:20-10:20 AM Deb	SilverSneakers® Yoga 9:10-9:55 AM Heidi	Muscle Works 9:20-10:20 AM Nancy	SilverSneakers® Yoga 9:10-9:55 AM Angela	Muscle Works 9:20-10:20 AM Janet	
Zumba® 10:30-11:15 AM Jhena/Shiho	DrumFit 10:30-11:15 AM Heidi	Zumba® 10:30-11:15 AM Char	Balance Barre 10:00-10:30 AM Jacki	Step 10:30-11:15 AM Tracey	
Try It Out Pilates* 12:00-1:00 PM Lindsay	LES MILLS BODYPUMP 11:30-12:15 PM Tracey		LES MILLS BODYPUMP 11:30-12:15 PM Amy B./Amy V.	Zumba® 12:20-1:00 PM Char	Sunday
SilverSneakers® Classic 1:35-2:20 PM Shiho		SilverSneakers® Classic 1:35-2:20 PM Lindsay/Ryan	Step 12:20-1:00 PM Katie	SilverSneakers® Classic 1:35-2:20 PM Kendra/Sue	Step 8:00-8:45 AM Tracey
	Metabolic Strength Training 4:30-5:15 PM Ashley		LES MILLS BODYPUMP 4:30-5:25 PM Tracey		LES MILLS BODYPUMP 9:00-9:55 AM Tracey
Metabolic Strength Training 5:30-6:15 PM Ashley	LES MILLS BODYPUMP 5:30-6:25 PM Jessi	Metabolic Strength Training 5:30-6:30 PM Dixie	Build & Burn 5:35-6:35 PM Janet		
Muscle Works 6:30-7:15 PM Chris G.					Zumba® 4:00-4:45 PM Shiho

TRX® Suspension Training® and Specialty Classes

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Morning Madness* 5:25-6:10 AM Brad	TRX® 5:25-6:10 AM Ashley		TRX® 5:25-6:10 AM Ashley		
TRX® 11:30-12:15 PM Kristy	TRX® 12:10-12:55 PM Sandy Ha.		TRX® 12:10-12:55 PM Lindsay	TRX® 12:10-12:55 PM Al	
TRX® 5:30-6:15 PM Dixie	Athletic Edge* 5:15-6:30 PM Brenda	TRX® 5:30-6:15 PM Kristy			

*See group fitness class descriptions for meeting location

Fitness Classroom

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		Core 6:15-6:30 AM Tracey		Metabolic Strength Training 5:30-6:15 AM Tracey	
Stretch & Relax 7:30-8:00 AM Robin				Stretch & Relax 7:30-8:00 AM Tracey	Step 7:45-8:30 AM Chris N.
Beginner Step 8:05-8:35 AM Robin				Beginner Step 8:05-8:35 AM Tracey	
Zumba Gold® 9:00-9:45 AM Shiho	Yoga 9:20-10:20 AM Brenda	Zumba Gold® 9:00-9:45 AM Amy V.	Yoga 9:20-10:20 AM Sandy Holt.	Zumba Gold® 9:00-9:45 AM Amy V.	Yoga 9:20-10:20 AM Team
Body Barre 10:30-11:15 AM Bonnie	Mat Pilates 10:30-11:15 AM Bonnie	Hula Hoop 10:00-10:30 AM Shiho	Beginner Mat Pilates 10:30-11:15 AM Angela	Yoga 10:30-11:30 AM Brenda	
LES MILLS BODYFLOW 11:30-12:15 PM Bonnie		LES MILLS BODYFLOW 11:30-12:15 PM Amy V.	Kids Fit N' Fun 11:30-12:00 PM Lindsay	Mat Pilates 12:15-1:00 PM Bonnie	SUNDAY Yoga 9:20-10:20 AM Carla
	LES MILLS BODYFLOW 4:30-5:00 PM Bonnie	Body Barre 5:00-5:25 PM Katie			
LES MILLS BODYFLOW 5:30-6:15 PM Jessi	STRONG by Zumba® 5:30-6:30 PM Amy V./Jhena	LES MILLS BODYFLOW 5:30-6:25 PM Angela	Insanity Live!® 5:30-6:20 PM Jessi		
Yoga 6:30-7:30 PM Leslie		Tai Chi 6:30-7:30 PM Bill		Tai Chi 6:30-7:30 PM Bill	

Cycling Studio

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	LES MILLS sprint 5:30-6:00 AM Dan/Riley	Cycling 5:25-6:10 AM Tracey		Cycling 5:25-6:10 AM Brad	Cycling 7:30-8:15 AM Tracey/Vikki
Cycling 12:10-12:55 PM Jeff		LES MILLS sprint 12:10-12:40 PM Kristy		LES MILLS sprint 11:30-12:00 PM Al	
Cycling 5:30-6:15 PM Bob		LES MILLS sprint 5:30-6:00 PM Ryan	Endurance Cycling 5:30-6:35 PM Bob		

Fitness Classes on YOUR Schedule!

Check out the **Wexer virtual fitness** kiosk outside the Cycling Studio. Over 700 classes are available ranging from P90X or the Insanity series to Yoga and Pilates. Wexer classes are available anytime the cycling studio is not being used for a class.