

FALL 2018

	7-8 a.m.	8-9 a.m.	9-10 a.m.	10-11 a.m.	11-12 a.m.	12-1 p.m.	1-2 p.m.	2-3 p.m.	3-4 p.m.	4-5 p.m.	5-6 p.m.	6-7 p.m.	7-8 p.m.
Mon			Barre			Strength Training				Boot Camp 4:30-5:30	Tai Chi 5:30- 6:30 Yoga 5:35- 6:40		6:45-8 Youth Karate (Cont. Ed)
T	7-7:30 Strength Training		Adv. Yoga 9:30- 10:40			Core Fit (30 min) 12:15- 12:45				Zumba 4:30-5:20		Volleyball 6-7:30	
Wed	7-8 Adv. Yoga		Barre			Strength Training				Boot Camp 4:30-5:30	Tai Chi 5:30- 6:30	Rock Climbing (Open Gym) 6:00-8:00	6:45-8 Youth Karate (Con. Ed)
Th	7-7:30 Strength Training		Adv. Yoga 9:30- 10:40			Core Fit (30 min) 12:15- 12:45				Zumba 4:30-5:20			
Fri			Open 8- 2			Yoga 12-1		CLOSED					
Sat			Open 9-1					CLOSED					
Sun		CLOSED											

Workout room available during all regular business hours for Open Workout/Membership/Bonus visits. Gym available for Open Workout, Membership, Bonus visits, and drop-in use when there are no scheduled classes.