

# June Schedule (Effective June 1, 2017)

MONDAY				
STUDIO 1	STUDIO 2	STUDIO 3	CYCLE	AQUA
7:15-8:00 WillPower Method® MARYANN		5:45-6:45 <b>BODYPUMP</b> VAL B.	5:45-6:35 CYCLE BILL	
9:00-9:30 <b>ANIMAL FLOW</b> JENNY	NAME	8:30-9:00 <b>MOVE IT</b> JAMIE	7:30-8:15 CYCLE BLAIR	
9:30-10:30 PILATES SHARON	9:30-10:30 CHAIR YOGA & BALANCE CHRISSEY	9:00-9:30 <b>BUILD IT!</b> STRETCH IT JAMIE	9:30-10:20 CYCLE COLLEEN	9:00-10:00 PHYSICAL THERAPY
10:30-11:00 STRETCH IT Tom	10:45-11:45 FELDENKRAIS JACKLYN	9:30-10:35 <b>BODYPUMP</b>		9:00-10:00*** AQUA FIT CHRISTINA
11:00-12:00 HIP HOP Derrick		10:35-11:35 CARDIO KICKBOX SHARON		10:00-10:45 AQUA SCULPT MARK
				10:45-11:30 AQUA SCULPT MARK
12:10-12:55 STEP INTERVAL LAURA C.		12:00-12:50 SENIOR CORE/DRUMS ALIVE MARK		11:30-12:30 AQUA YOGA MARZENA
4:00-5:00 LINE DANCE DEBBIE	4:15-5:30 GENTLE YOGA MARZENA	5:00-6:00 <b>BODYCOMBAT</b> RENEE	2:00-3:00 PHYSICAL THERAPY	2:00-3:00 PHYSICAL THERAPY
5:10-6:00 Hi-Lo Retro MARK	5:30-6:30 PILATES MAT JACKIE S.	6:00-6:45 <b>BODYPUMP</b>	6:00-6:50 CYCLE SHAUN	5:00-6:35 GROUP SWIM LESSONS
6:00-7:00 <b>BODYSTEP</b> SUZIE		6:45-7:30 <b>BODYPUMP</b> SARAH		5:30-6:30*** Junior Hammerheads
7:15-8:15 ZUMBA BARBARA	7:00-8:15 HATHA VINYASA JOE			6:30-7:30*** SWIM TEAM

WEDNESDAY				
STUDIO 1	STUDIO 2	STUDIO 3	CYCLE	AQUA
		5:45-6:45 <b>BODYPUMP</b> RENEE	5:45-6:35 CYCLE COLLEEN	
8:30-9:30 CARDIO STRENGTH CORE HELEN		9:00-9:30 <b>BODYPUMP</b>	7:30-8:20 CYCLE MARGARET	9:00-10:00*** CARDIO CROSS LIZ
9:30-10:30 <b>BODYCOMBAT</b> CHRISTINA S.	9:30-10:30 TONING at the BARRE CHARLENA	9:45-10:30 BOOT CAMP RYAN		10:00-11:00 KAREN
10:30-11:15 ZUMBA GOLD STEPHANIE	10:30-11:45 POWER YOGA DEL	10:30-11:30 LaBlast LaBlast SERIES BARBARA		11:00-11:45*** AQUA ZUMBA JACKIE S.
12:10-12:55 STEP360 LAURA C.	11:45-1:00 GENTLE YOGA KATHLEEN			1:00-2:00 PHYSICAL THERAPY
	1:00-2:00 FELDENKRAIS JACKLYN	12:05-1:05 <b>BODYPUMP</b> SARAH		2:00-3:00 PHYSICAL THERAPY
4:30-5:30 BOLLYWOOD GARIMA	5:00-6:00 Hi-Lo Retro KAREN		4:30-5:30 CYCLE LISA V.	4:30-6:30 GROUP SWIM LESSONS
5:30-6:30 <b>BODYJAM</b> JACKIE/SARAH	6:00-7:00 STEP360 Mark S.	5:30-6:30 BOOT CAMP RYAN		
6:30-7:30 ZUMBA VIN				7:00-8:00 AQUA SCULPT LINDA B.
7:30-8:30 HIP HOP Derrick	7:45-8:45 YIN YOGA JOE	6:30-7:30 <b>BODYPUMP</b> TONY/KRISTINE		

FRIDAY				
STUDIO 1	STUDIO 2	STUDIO 3	CYCLE	AQUA
New!	5:45-6:45 SLOW FLOW POWER YOGA KIRSTEN	5:45-6:45 <b>BODYPUMP</b> RENEE	5:45-6:35 CYCLE PHIL	
8:45-9:15 MAT PILATES EXPRESS JACKIE	8:00-9:00 HATHA YOGA DEL	9:00-10:00 New Time!	9:30-10:20 CYCLE LAURA	9:00-10:00*** CARDIO CONDITIONING DANIELLE
9:15-10:15 <b>BODYCOMBAT</b> CHRISTINA/DEL	9:00-9:30 MASENDASANA RUTH	9:00-10:00 ULTIMATE FITNESS EVE		10:00-11:00 AQUA SCULPT MARK
10:30-11:30 ZUMBA LAURA	9:30-10:30 GENTLE YOGA RUTH	10:15-11:15 <b>BODYPUMP</b> MARGARET		
	10:45-11:30 Toning @the Barre KRISTINE	New!		
12:10-1:00 FAT BURNER FRIDAY LAURA C.	11:30-12:00 CORE CONDITIONING KRISTINE			1:00-2:00 PHYSICAL THERAPY
				2:00-3:00 PHYSICAL THERAPY
6:00-7:00 ZUMBA LYNDA		6:30-7:30 <b>BODYPUMP</b> JIM		6:00-8:00 Swim Team

TUESDAY				
STUDIO 1	STUDIO 2	STUDIO 3	CYCLE	AQUA
	5:45-7:00 SLOW FLOW POWER YOGA KIRSTEN	6:00-6:30 LAP POOL <b>GRIT SERIES</b> SARAH		
7:15-8:00 PILATES MAT JACKLYN		8:30-9:00 CARDIO EXPRESS HELEN	7:30-8:20 CYCLE PHIL	
	9:00-9:30 BELLY DANCE VIN/KRISTINE	9:00-9:30 SCULPT EXPRESS HELEN	9:30-10:20 CYCLE NICOLE	9:00-10:00 PHYSICAL THERAPY
9:30-10:30 <b>BODYSTEP</b> VAL N.	9:30-10:30 HATHA YOGA HELEN	9:30-10:30 ZUMBA VIN/KRISTINE		9:30-10:30** CARDIO CONDITIONING DANIELLE
10:30-11:30 GENTLE PILATES BONNIE	10:30-11:30 GENTLE YOGA CHRISSEY	10:30-11:30 STRAIGHT-UP STRENGTH SHARON		
	11:45-12:45 TAI CHI LEE			11:00-12:00 AQUA SCULPT KATRINE
12:00-1:00 SENIOR CORE BAL ANNA	12:45-1:15 ADVANCED TAI CHI LEE	12:10-12:55 COREBAR LAURA C.		12:00-1:00 AQUA ARTHRITIS
4:30-5:25 ZUMBA JENNA	1:30-2:30 GENTLE YOGA JOHN	4:30-5:30 <b>BODYPUMP</b> VAL		4:45-6:15 GROUP SWIM LESSONS
5:25-6:00 <b>GRIT SERIES</b> LAURIE	5:35-6:30 TONING at the BARRE LESLIE	5:30-6:30 BOXING PENNY	5:30-6:20 CYCLE MARK	
6:05-7:05 GET ACTIVE KAREN	6:30-7:00 STRETCH IT LAURIE	6:30-7:30 ZUMBA KIM		5:30-6:30*** Junior Hammerheads
7:05-7:50 <b>BODYCOMBAT</b> DANIELLE	7:00-8:00 VINYASA YOGA DONNA			6:30-7:30*** SWIM TEAM
7:50-8:05 CORE CONDITIONING DANIELLE	8:00-9:00 GENTLE YOGA JOE			

THURSDAY				
STUDIO 1	STUDIO 2	STUDIO 3	CYCLE	AQUA
		6:00-6:30 <b>GRIT SERIES</b> SARAH		
	NAME CHANGE	8:30-9:00 <b>MOVE IT</b> JAMIE	7:30-8:20 CYCLE ANNA	
8:30-9:30 CARDIO STRENGTH CORE HELEN	8:30-9:30 TONING at the BARRE CHARLENA	9:00-9:30 <b>BUILD IT!</b> STRETCH IT JAMIE		9:00-10:00 PHYSICAL THERAPY
9:30-10:30 <b>BODYSTEP</b> Val N.	9:30-10:45 GENTLE YOGA CHRISSEY	9:30-10:00 SHADES OF DANCE BARBARA	9:30-10:20 CYCLE LAURA S.	9:00-9:45*** AQUA ZUMBA CHERYL
11:00-12:00 SENIOR CORE BAL ANNA	11:00-12:00 GENTLE PILATES JACKLYN	10:00-10:30 ZUMBA TONING BARBARA		10:00-11:00 AQUA SCULPT KATRINE
12:10-12:55 BARRE-LESS LAURA C.	2:00-3:00 GENTLE YOGA RUTH	10:30-11:30 <b>BODYPUMP</b> VAL N.		12:00-1:00 AQUA ARTHRITIS ADDIE
5:00-5:50 FUN ON THE BALL KAREN	4:00-5:00 GENTLE YOGA CHRISSEY	12:00-12:45 ZUMBA GOLD STEPHANIE		1:00-2:00 AI CHI ADDIE
6:00-6:45 DRUMS ALIVE KAREN		4:30-5:30 <b>BODYPUMP</b> DANIELA		4:45-6:15 GROUP SWIM LESSONS
6:45-7:15 BAREFOOT BOOTCAMP MARYANN	5:25-6:00 <b>GRIT SERIES</b> SARAH	5:30-6:30 <b>BODYCOMBAT</b> PETER	5:45-6:35 CYCLE BLAIR	5:30-6:30*** Junior Hammerheads
7:15-7:30 CORE CONDITIONING MARYANN		6:30-7:30 BOXING PENNY		6:30-7:30*** SWIM TEAM
7:30-8:30 TAI CHI RUSSELL	7:00-8:15 HATHA YOGA JOE	7:30-8:30 ZUMBA JENNA		7:00-8:00 AQUA SCULPT MARK

SATURDAY				
STUDIO 1	STUDIO 2	STUDIO 3	CYCLE	AQUA
		8:00-9:00 <b>BODYSTEP</b> SARAH	7:30-8:20 CYCLE BLAIR	1st Saturday of Month
9:00-10:00 <b>BODYJAM</b> SHARON/ARTURO	8:30-9:45 YIN YOGA JOE	9:05-10:05 <b>BODYCOMBAT</b> DONNA/KRISTEN	9:00-9:50 CYCLE SHAUN	9:00-10:00*** Cardio Conditioning KAREN
10:00-11:00 ULTIMATE FITNESS LISA	10:00-11:15 GENTLE YOGA JOE	10:15-11:15 <b>BODYPUMP</b> SARAH	10:15-11:00 YOUR 1ST RIDE SHAUN	10:00-11:00 AQUA SCULPT KAREN
	11:25-12:25 SLOW FLOW POWER YOGA KIRSTEN	11:30-12:30 TAI CHI ALIYA	11:00-12:00 FELDENKRAIS JACKLYN	10:00-11:00*** SWIM TEAM
12:30-1:30 BALLROOM DEL		12:30-1:15 ADVANCED TAI CHI ALIYA		11:00-12:00 PARENT 'n ME pre-registration

SUNDAY				
STUDIO 1	STUDIO 2	STUDIO 3	CYCLE	AQUA
		7:30-8:30 <b>BODYPUMP</b> RENEE/ARTURO		
8:30-9:30 <b>BODYJAM</b>	8:30-9:45 VINYASA YOGA MARZENA/HELEN	8:30-9:00 <b>GRIT SERIES</b> BOB	8:00-8:50 CYCLE MARK/NICOLE	10:00-11:15 AQUA SCULPT LINDA/AMY
9:30-10:30 BELLY DANCING VIN	9:45-10:45 THERAPEUTIC YOGA MARZENA/SAMANTHA	9:10-9:55 <b>BODYCOMBAT</b> LAURIE		9:30-10:30 GROUP SWIM LESSONS
10:30-11:30 ZUMBA VIN	10:45-12:00 GENTLE YOGA SAMANTHA	10:45-12:00 CORE CONDITIONING LAURIE	9:00-9:50 CYCLE DON	11:00-11:40 GROUP SWIM LESSONS
11:30-12:30 GET ACTIVE KAREN		10:15-11:15 <b>BODYPUMP</b> DANIELLE/ARTURO		11:45-12:30 GROUP SWIM ** Lap Pool

\*\*\* Lap Pool