

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
ABS CLASS 8:00am		ABS CLASS 8:00am		Zumba 9:00am	Circuit Training 8:15am	
Step & Tone 8:30	Total Body 8:30am	Step & Tone 8:30 Exercise Ball 9:45	Total Body 8:30am	Stretch & Strengthen 9:45	Zumba 9:15am 10:00am Total Body	
Arms & Abs 9:45am	Pilates & Yoga 9:40am	Water Aerobics 11:00am		Water Aerobics 11:00am		
Water Aerobics 11:00 am	5:30pm Pilates	ZUMBA 4:30pm	5:00pm Pilates			
Total Body 5:30pm 6:30pm Zumba	Water Aerobics 6:30pm	Total Body 5:30pm	Water Aerobics 6:30pm			



**Try our Exhilarating Pilates
Tuesdays at 5:30pm and
Thursdays at 5:00pm**