

NEW! FALLSCHEDULE EFECTIVE 9/18/22

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	9:30am 30 MINUTE CARDIO	New! 9:30AM UPPER & LOWER BODY	9:30am 30 minute cardio	8:45am SPINNING	9:15am body shaping	9:30am cardio/ sculpt
9:00am zumba	10:00am weights & abs	10:00am abs	10:00am weights & abs	9:30am body shaping	10:00am 30 minute cardio	10:15am abs
9:00AM SPINNING	10:30am ZUMBA	10:30am yoga	New! 10:30am yoga	10:15am latin cardio/ sculpt	10:30am YOGA	10:30am upper & lower body
9:45am 30 minute cardio	10:30am yoga		10:30am zumba	10:30am yoga	10:30am zumba gold	11:00am zumba
10:15am abs express	6:00PM ZUMBA	6:00pm zumba/ SCULPT	5:45pm body shaping	1:00pm chair yoga		
10:30AM BARRE/ MAT PILATE	6:30pm yoga	6:45PM WEIGHTS & ABS	6:30pm zumba	6:00pm step express		
CLASS WILL ALTERNATE BETWEEN THE 2 FORMATS MONTHLY	6:45pm weights & abs		New! 6:30pm mat pilates	6:30pm zumba	SCHED SUBJECT TO CHANGE	
				6:30pm yoga		