

**REVISED FALLSCHEDULE Efective 10/30/22**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	9:30AM 30 MINUTE CARDIO	9:30AM UPPER & LOWER BODY	9:30AM 30 MINUTE CARDIO	8:45AM SPINNING	9:00AM BOSU BALANCE & CORE*	9:30AM CARDIO/ SCULPT
9:00AM ZUMBA	10:00AM WEIGHTS & ABS	10:00AM ABS	10:00AM WEIGHTS & ABS	9:30AM BODY SHAPING	9:15AM BODY SHAPING	10:15AM ABS
9:00AM SPINNING	10:30AM ZUMBA	10:30AM YOGA	New format! 10:30AM GENTLE YOGA	10:15AM LATIN CARDIO/ SCULPT	10:00AM 30 MINUTE CARDIO	10:30AM UPPER & LOWER BODY
9:45AM 30 MINUTE CARDIO	10:30AM YOGA			10:30AM YOGA	10:30AM ZUMBA GOLD	11:00AM ZUMBA
10:15AM ABS EXPRESS	6:00PM ZUMBA	New! 6:00PM STEP EXPRESS	5:45PM BODY SHAPING	1:00PM CHAIR YOGA	10:30AM YOGA	
10:30AM BARRE/ MAT PILATE	6:30PM YOGA	New time! 6:30PM ZUMBA/ SCULPT	6:30PM ZUMBA	6:00PM STEP EXPRESS	*BOSU IS ON 1ST FRI OF MONTH ONLY	
CLASS WILL ALTERNATE BETW THE 2 FORMATS MONTHLY	6:45PM WEIGHTS & ABS		6:30PM MAT PILATES	6:30PM ZUMBA	SCHED SUBJECT TO CHANGE	
				6:30PM YOGA		