

**FALL SCHEDULE--Effective 9/10/2023**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				8:45AM SPINNING		
9:00AM ZUMBA	9:30AM 30 MINUTE CARDIO**	New! 9:45AM UPPER & LOWER BODY	9:30AM 30 MINUTE CARDIO	9:30AM BODY SHAPING	9:00AM BOSU BALANCE & CORE*	9:30AM CARDIO/ SCULPT
9:00AM SPINNING	10:00AM WEIGHTS & ABS	10:15AM MAT PILATES	10:00AM WEIGHTS & ABS	10:15AM LATIN CARDIO & SCULPT	9:15AM BODY SHAPING	10:15AM ABS
9:45AM 30 MINUTE CARDIO	10:30AM ZUMBA	New class! 1:00PM CHAIR YOGA	New class! 10:30AM ZUMBA	New class! 11:00AM MAT PILATES	10:00AM 30 MINUTE CARDIO**	10:30AM UPPER & LOWER BODY
10:15AM ABS EXPRESS	10:30AM YOGA	10:30AM YOGA	10:30AM GENTLE YOGA	10:30AM YOGA	10:30AM ZUMBA GOLD	11:00AM ZUMBA
10:30AM BARRE/ MAT PILATES*	5:45PM BODY SHAPING	6:00PM STEP EXPRESS	5:45PM BODY SHAPING	1:00PM CHAIR YOGA	10:30AM YOGA	
New class! 11:30AM YOGA	6:30PM ZUMBA	6:30PM ZUMBA/ SCULPT	6:30PM ZUMBA	New format! 5:50PM WEIGHTS & ABS		
*10:30AM CLASS WILL ALTERNATE BETW THE 2 FORMATS	6:30PM YOGA	**Cardio/ Step: 1st Mon & Fri of month		6:10PM STEP EXPRESS	*BOSU IS ON 1ST FRI OF MONTH ONLY	SCHED SUBJECT TO CHANGE
				6:30PM ZUMBA		
				6:30PM YOGA		