

## CLASS SCHEDULE

| TIME             | MONDAY                  | TUESDAY              | WEDNESDAY               | THURSDAY               | FRIDAY     | SATURDAY       |
|------------------|-------------------------|----------------------|-------------------------|------------------------|------------|----------------|
| 6:00am           | Indoor Cycling          |                      | Indoor Cycling          |                        |            |                |
| 8:00am           | Body Sculpt             |                      | Total Body Conditioning | Body Sculpt            | Zumba      | Indoor Cycling |
| 8:00am           | Indoor Cycling          |                      | Indoor Cycling          |                        |            | Body Sculpt    |
| 8:30am           |                         |                      |                         |                        |            |                |
| 9:00am           |                         | Indoor Cycling       |                         | Indoor Cycling         |            | Body Sculpt    |
| 9:15am           | Rhythm & Reps           | Zumba                | Zumba                   | Zumba                  | Hatha Yoga |                |
| 10:30am          | SilverSneaker Circuit   | Senior Sculpt        | SilverSneaker Yoga      | SilverSneaker Circuit  |            |                |
| 11:45am          | SilverSneaker Circuit   |                      |                         |                        |            |                |
| 11:45am          | SilverSneakers Classic  |                      |                         | SilverSneakers Classic |            |                |
| 4:45pm           | Body Sculpt             |                      | Body Sculpt             |                        |            |                |
| 5:15pm           |                         |                      |                         |                        |            |                |
| 5:30pm           |                         |                      |                         |                        |            |                |
| 6:00pm           | Total Body Conditioning | Vinyasa Yoga         | Zumba                   | Vinyasa Yoga           |            |                |
| 6:00pm           | Indoor Cycling          |                      |                         |                        |            |                |
|                  |                         |                      |                         |                        |            |                |
| CHILD CARE HOURS |                         |                      |                         |                        |            |                |
|                  |                         |                      |                         |                        |            |                |
| MON              | 7:50-10:30 am           | 4:30-7:15 pm         |                         |                        |            |                |
| TUE              | 7:50-10:30 am           | 4:30-7:15 pm         |                         |                        |            |                |
| WED              | 7:50-10:30 am           | 4:30-7:15 pm         |                         |                        |            |                |
| THU              | 7:50-10:30 am           | 4:30-7:15 pm         |                         |                        |            |                |
| FRI              | 7:50-10:30 am           | NO EVENING CHILDCARE |                         |                        |            |                |
| SAT              | 7:45-10:15 am           | NO EVENING CHILDCARE |                         |                        |            |                |