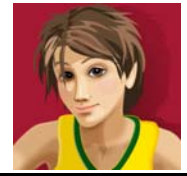




Pre-Teens and Teens



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00-8:00 PM Youth Multi-Sport Ages 10-14	6:45-8:00 PM Youth Basketball League Ages 8-11	6:10-6:55 PM Cheerleading Ages 7-11	6:00-8:00 PM Teen Leaders Club 6:45-8:00 PM Youth Soccer League Ages 8-11	6:30-7:45 PM Dodgeball Ages 7-11 7:45-9:15 PM Dodgeball Ages 10-14	11:00-12:40 Dodgeball League Ages 10-14 Inter. Volleyball Ages 11-13 2:00-3:05 Adv. Volleyball Ages 13-15 3:10-4:25	

Wellness Center

	Monday	Tuesday	Wednesday	Thursday	Friday
9 AM Hour	9:15-10:15 Older Adult Fitness		9:15-10:15 Older Adult Fitness Women's Weight Training 9:00-10:00		9:15-10:15 Older Adult Fitness
10 AM Hour	10:15-11:15 Older Adult Fitness		10:15-11:15 Older Adult Fitness		10:15-11:15 Older Adult Fitness
1 PM Hour					
6-7 Pm Hour	6:00-7:00 Youth Fitness	6:00-7:00 Youth Fitness	6:00-7:00 Youth Fitness		

RPM Room Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5 AM Hour		RPM 5:30-6:15 AM		RPM 5:30-6:15 AM			
6 AM Hour	RPM 6:00-6:45 AM		RPM 5:45-6:45 AM *		RPM 6:00-6:45 AM		
9 AM Hour	RPM 9:00-9:45 AM	RPM 9:00-10:00 *		RPM 9:00-9:45 AM	RPM 9:00-9:45 AM	RPM 9:00-10:00 AM *	
10 AM Hour			TOPS (10:00-11:00 AM)		ALL ACCESS PASSES GREEN	PLEASE BRING PASS TO EACH CLASS	RPM 12:15-1:15 pm
6 PM Hour		RPM 6:00-6:45 PM					* Registration required for all RPM classes
7 PM Hour	RPM 7:00-8:00 PM*		RPM 6:30-7:30 pm*				

Room AB Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5 AM Hour	KettleBell Bootcamp 5:30-6:15 AB	Body Pump * 5:45-6:45 AB	KettleBell Bootcamp 5:10-5:55 AB	Body Pump * 5:45-6:45 AB			
6 AM Hour							
8 AM Hour		Body Pump * 8:30-9:30 A		Body Pump * 8:30-9:30 A		Body Pump * 8:00-9:00 AB	
		Butts and Guts 8:45-9:30 B		Butts and Guts 8:45-9:30 B			
9 AM Hour	Zumba 9:00-9:55 AB	Kickboxing 9:30-10:25 AB	Body Shape 9:00-9:55 A/B	Fast 'n Furious 9:30-10:25 AB	Tabata 9:15-10:00 AB	Zumba 9:05-10:00 AB	
10 AM Hour	BodyPump* (A) 10:00—11:00 Zumba Gold (B) 10:00-10:55	Kettle Bell Bootcamp 10:30-11:25 AB	Zumba Toning * 10:00-10:55 AB	Zumba Gold 10:30-11:25 AB	Piloxing 10:00-10:55 AB	Pilates 10:10-10:55 AB	
Mid Afternoon	Silver Sneakers MSROM 11:30-12:15	Weight Watchers B 11:45-1:00	Silver Sneakers MSROM 11:30-12:15		Silver Sneakers MSROM 11:15-12:00		Intro to Body Pump 12:00-12:30 Jan 8 only Body Pump 12:30-1:30 AB
	Silver Sneakers Cardio Circuit 3:30-4:15 PM	AOA Card Club 3:00-4:30	Silver Sneakers Cardio Circuit 3:30-4:15 PM				
5 PM Hour	Piloxing 5:10-6:10 A/B	Step Interval 4:45-5:40 AB	Cardio Interval 5:30-6:25 AB	Tabata 5:00-5:45 AB			
6 PM Hour	Zumba 6:15-7:10 AB	Body Pump * 6:00-7:00 AB	Zumba 6:30-7:25 AB	Body Pump * 6:00-7:00 AB			
7 PM Hour	Pilates 7:15-8:00 AB	Kickbox 7:00-7:55 AB	Pilates 7:45-8:30 AB	Zumba 7:00-7:55 AB			
8 PM Hour	Butts 'n Guts 8:00-8:45 AB						

Dance Studio Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8 AM Hour	Floor, Core and More 8:15-9:00		Floor, Core and More 8:30-9:15		Pilates 8:15-9:00	White Eagle Martial Arts 8:00-9:30	
9 AM Hour	Tabata 9:15-10:10	Mat Pilates 9:30-10:15	Step Interval 9:30-10:25	Piloxing 9:00-9:55	AOA Interm. Ball class 9:30-10:15		
10 AM Hour		Yoga Rhythms 10:30-11:15	Fitness Yoga 10:30-11:25	Pilates 10:00-10:45	Fitness Yoga 10:30-11:25	Fast N Furious 9:30-10:25	
11 AM Hour	Gentle Yoga 11:15-12:10	Gentle Yoga 11:15-12:10		Gentle Yoga 11:15-12:10		Fitness Yoga 10:30-11:25	
12 PM Hour				Childrens Yoga 1:30-2:15 Ages 3-5			Fitness Yoga 12:30-1:25
3 PM Hour							
4 PM Hour				Creative Dance 4:35-5:20			
5 PM Hour	Gentle Yoga 5:30-6:15	Tween Sampler 5:10-5:55 pm	Sports Conditioning 5:30-6:25	Gentle Yoga 5:30-6:15			Ball Room Dance 5:00-7:00
6 PM Hour	Tabata 6:30-7:15	Tae Kwon-Do Ages 5-7 6:00-6:45	Kick boxing 6:30-7:25	Kettlebell Bootcamp 6:30-7:25			
7 PM Hour	Fitness Yoga 7:30-8:25	Tae Kwon-Do 6:45-7:45 Ages 8-14	Fitness Yoga 7:30-8:25	White Eagle Martial Arts 7:30-8:30			
8 PM Hour		Parent-Child Tae Kwon-Do 7:45-8:45					