

## Monday

Time	Class	Instructor
7:00 AM	<b>Yoga</b>	Michelle Mckay
8:00 AM	<b>Total X</b>	Cindy Burns
8:30 AM	<b>SPINNING®</b>	Tammy
9:15 AM	<b>Abs, Buns &amp; Thighs</b>	Carol Clark
10:00 AM	<b>Yoga</b>	Erryn Cleaver
11:30 AM	<b>Swing'n Seniors</b>	Carol Clark
4:00 PM	Step	Deanna Mikkelson
5:30 PM	<b>Power Pump</b>	Robert Burns

## Tuesday

Time	Class	Instructor
6:00 AM	<b>SPINNING®</b>	Thomas Miller
7:00 AM	<b>Pilates Mat</b>	Del Anderson
8:00 AM	<b>Step-n-Abs</b>	Deanna Mikkelson
8:45 AM	<b>SPINNING®</b>	Ellen Crane
9:30 AM	<b>Power Pump Blast</b>	Cindy Burns
12:00 PM	<b>Pilates Mat II</b>	Del Anderson
6:00 PM	<b>SPINNING®</b>	Doug Katona

## Wednesday

Time	Class	Instructor
7:00 AM	<b>Pilates Mat</b>	Del Anderson
8:00 AM	<b>Total X</b>	Cindy Burns
8:30 AM	<b>SPINNING®</b>	Thomas Miller
9:15 AM	<b>Abs, Buns &amp; Thighs</b>	Carol Clark
10:00 AM	<b>Yoga</b>	Kelly
11:30 AM	<b>Swing'n Seniors</b>	Carol Clark
4:00 PM	Step	Deanna Mikkelson
5:30 PM	<b>Yolates</b>	Tiffany Jones
6:00 PM	<b>SPINNING®</b>	Mandy Rossi

## Thursday

Time	Class	Instructor
6:00 AM	<b>SPINNING®</b>	Thomas Miller
7:00 AM	<b>Pilates Mat</b>	Del Anderson
8:00 AM	<b>Step-n-Abs</b>	Deanna Mikkelson
8:45 AM	<b>SPINNING®</b>	Ellen Crane
9:30 AM	<b>Power Pump Blast</b>	Tori Rimlinger
12:00 PM	<b>Pilates Mat II</b>	Del Anderson
5:30 PM	<b>CrossFusion</b>	Doug Katona/Janece Perez
6:00 PM	<b>SPINNING®</b>	Leslie Engeldrum

## Friday

Time	Class	Instructor
7:00 AM	<b>Yoga</b>	Kelly
8:00 AM	<b>Total X</b>	Cindy Burns
8:30 AM	<b>SPINNING®</b>	Melane Barney
9:15 AM	<b>Abs, Buns &amp; Thighs</b>	Carol Clark
10:00 AM	<b>Yoga</b>	Erryn Cleaver
11:30 AM	<b>Swing'n Seniors</b>	Janece Perez

## Saturday

Time	Class	Instructor
8:00 AM	<b>60 minute SPINNING®</b>	Melane Barney
9:00 AM	<b>Funky Fat Burner &amp; Sculpt</b>	Nikki Rener
10:00 AM	<b>Pilates Mat</b>	Mary Jane

## Sunday

Time	Class	Instructor
7:00 AM	<b>SPINNING®</b>	Rotating
8:00 AM	Step Challenge	Deanna Mikkelson
10:00 AM	<b>Yoga</b>	Georgina Sanders