

FALL FITNESS SCHEDULE AT A GLANCE: SEPTEMBER 2-DECEMBER 19

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday				
6:00AM							6:00AM				
6:30AM							6:30AM				
7:00AM	Please check daily schedule for class location.						7:00AM				
7:30AM							7:30AM				
8:00AM							8:00AM				
8:30AM							8:30AM				
9:00AM		Zumba 9:00-9:30 Gym	Cycling	Pilate Abs 9:00-9:30	Cycling	Zumba 9:00-9:30 Gym	9:00AM				
9:30AM		Pilates 9:30-10:00	9:00-9:50 LL6	Power Yoga 9:30-10:00	9:00-9:45 LL6	Yoga/Pilates	9:30AM				
10:00AM	Fitness Ball	Yoga 10:00-10:30	Fitness Ball	Fitness Ball	Yoga	9:30-10:30	10:00AM				
10:30AM	10:00-11:00		10:00-11:00	10:00-11:00	10:00-11:00 LL6	Fitness Ball	10:30AM				
11:00AM	Cycling		Yoga	Sculpt & Tone 10:00-10:30		10:00-11:00	11:00AM				
11:30AM	11:00-12:00 LL6		10:00-11:00 LL6			9/19, 10/3, 10/17, 10/31	11:30AM				
12:00PM						11/7, 11/21	12:00PM				
12:30PM						12/5, 12/19	12:30PM				
1:00PM		Fitness Center Hours Monday-Thursday: 6:00am-10:00pm Friday: 6:00am-6:00pm Saturday and Sunday: 8:00am-5:00pm					1:00PM				
1:30PM							2:00PM				
2:00PM	Zumba										2:00PM
2:30PM	2:00-3:00										2:30PM
3:00PM	Kline						3:00PM				
3:30PM							3:30PM				
4:00PM			Teen Fitness:	Teen Fitness:		Teen Fitness:	4:00PM				
4:30PM			Running Bands	Fitness Ball		Kickboxing	4:30PM				
5:00PM			4:00-5:00	4:00-5:00		4:00-5:00	5:00PM				
5:30PM					Zumba		5:30PM				
6:00PM		Cycling	Pilate Abs 6:00-6:30	Cycling	6:00-7:00		6:00PM				
6:30PM		6:15-7:00 LL6	Power Yoga 6:30-7:00	6:15-7:15 LL6	Kline		6:30PM				
7:00PM		Fitness Ball	Yoga		Fitness Ball		7:00PM				
7:30PM		7:00-8:00	7:00-8:00		7:00-8:00		7:30PM				
8:00PM		Zumba		Zumba			8:00PM				
8:30PM		7:30-8:30		7:30-8:30			8:30PM				
9:00PM		Gym		Gym			9:00PM				
9:30PM							9:30PM				
10:00PM							10:00PM				



Fitness classes will not be in session Friday, September 5 or Sunday, September 7 due to instructor training