



22 SUN	23 MON	24 TUE	25 WED	26 THU	27 FRI	28 SAT
<p>Group Power 8:00 AM-9:00 AM Deseree Davis</p> <p>Cycle 9:15 AM-10:15 AM Deseree Davis</p> <p>Group Blast Series 9:15 AM-10:15 AM Alyssa Nile</p>	<p>Morning Boost 5:30 AM-6:30 AM Loren Poulin</p> <p>Group Active 9:00 AM-10:00 AM Kimbire Varney</p> <p>The Works 12:00 PM-12:50 PM Cindy Hathorne</p> <p>Group Power 5:15 PM-6:15 PM Deseree Davis</p> <p>Hatha Yoga 6:30 PM-7:30 PM Holly Gurney</p>	<p>Cycle 5:30 AM-6:30 AM Katy Hunter</p> <p>HIIT 12:00 PM-12:50 PM Cindy Hathorne</p> <p>Group Active 5:15 PM-6:15 PM Kimbire Varney</p> <p>Qi Gong Intermediate 6:30 PM-7:30 PM John Alsobrooks</p>	<p>Speed and Agility 5:30 AM-6:15 AM Marcie Hird</p> <p>Pilates/Yoga 7:00 AM-8:00 AM Tish Caldwell</p> <p>Fit + Fun 9:15 AM-10:15 AM Becky Walker</p> <p>Ropes 12:00 PM-12:50 PM Cindy Hathorne</p> <p>Group Power 5:15 PM-6:15 PM Deseree Davis</p> <p>Zumba 6:30 PM-7:30 PM Michael Fortin</p>	<p>Bootcamp 5:30 AM-6:30 AM Marcie Hird</p> <p>Yoga Foundations 8:00 AM-9:00 AM Tish Caldwell</p> <p>Group Active 12:00 PM-1:00 PM Alyssa Nile</p>	<p>Group Blast 9:00 AM-10:00 AM Alyssa Nile</p> <p>Fit + Fun 9:15 AM-10:15 AM Becky Walker</p> <p>Group Power 12:00 PM-1:00 PM Kimbire Varney</p>	<p>Group Active 8:00 AM-9:00 AM Kimbire Varney</p> <p>Mindful Flow Yoga 9:15 AM-10:15 AM Julie Gammon</p>

Classes are free for members. Non-members can attend with a day pass or a punch card.

Classes labeled "Series" are only available for a limited time. The Saturday 8am class changes each week (cardio rotation).

Classes that require registration: Aqua, Cycle, TRX, Fit & Fun, Qi Gong, Workshops, and Outdoor classes. All other classes are generally drop-in.

SUBJECT TO CHANGE



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