

\*MINI SESSION August 14th - 27th\*

\*\* ALL CLASSES ARE FREE FOR MEMBERS & NON MEMBERS \*\*

Monday			Tuesday			Wednesday			Thursday			Friday			Saturday			Sunday		
5:15am	Cycle Spin	S3	5:15am	Cardio Core	S2	5:15am	Cycle Spin	S3	5:30am	Abs & Glutes	S1	5:15am	Cardio Core	S2	7:45am	Cycle Spin	S3	1:15pm	Zumba Toning	S2
8:30am	Sr. Strive	CT	6:00am	Boot Camp	S1	8:30am	Sr. Strive	CT	6:00am	Boot Camp	S1	8:30am	Sr. Strive	CT	8:30am	Cross Training	S1	2:00pm	Zumba	S2
9:00am	Stretch, Tone, Balance	LLS	9:15am	Cardio Kickboot	S1	9:00am	Stretch, Tone, Balance	LLS	9:15am	Cardio Kickboot	S1	9:00am	Stretch, Tone, Balance	LLS	8:30am	Strong Core & Body	S2			
9:15am	Cycle Spin	S3	9:15am	Zumba	LLS	9:15am	Cycle Spin	S3	9:15am	Zumba	LLS	9:15am	Muscle Max	S2	9:30am	Circuit Trng Exp	CT			
9:15am	Muscle Max	S2	9:15am	Total Body Cond	CT	9:15am	Muscle Max	S2	9:15am	Total Body Cond	CT	9:15am	30 Min Quick Fit	CT	9:30am	Abs & Glutes	S1			
9:30am	Cross Trng	S1	9:15am	Muscle Max	S2	9:30am	Cross Trng	S1	9:15am	Muscle Max	S2	9:15am	Cycle Spin	S3	10:15am	Hi/Lo Aerobics	S2			
9:45am	Get Bendy Stretch	CT	9:15am	Cycle Spin	S3	9:45am	Get Bendy Stretch	CT	9:15am	Yoga Flow	SS	9:15am	Gentle Yoga	SS						
10:15am	Hi/Lo Aerobics	S2	9:15am	Yin Yoga	SS	10:15am	Hi/Lo Aerobics	S2	10:30am	Power Core	S2	9:30am	Cross Trng	S1						
10:30am	Sr. Sit n Tone	S1	10:30am	Power Core	S2	10:30am	Sr. Sit n Tone	S1	10:30am	Barre	SS	9:45am	Get Bendy Stretch	CT						
11:15am	Zumba Basics	S2				10:30am	Gentle Pilates	SS				10:15am	Hi/Lo Aerobics	S2						
						11:15am	Zumba Basics	S2				10:30am	Sr. Sit n Tone	S1						
												10:30am	Barre	SS						
5:00pm	Youth Body Cond	CT	4:45pm	Zumba	S2	5:00pm	Youth Body Cond	CT	6:00pm	Zumba Basics	SS	7:00pm	Zumba	S2						
5:00pm	Circuit Trng Exp	CT	6:00pm	Shape w/Weights	S2	5:00pm	Circuit Trng Exp	CT	6:00pm	Cycle Spin	S3									
5:30pm	Strong Core & Body	S2	6:00pm	Cycle Spin	S3	5:30pm	Strong Core & Body	S2	6:00pm	Cardio Kickboot	S1									
5:45pm	Insanity Live!	S1	6:00pm	Cardio Kickboot	S1	5:45pm	Insanity Live!	MG	6:00pm	Shape w/Weights	S2									
6:30pm	Cycle Spin	S3	6:30pm	Circuit Trng Exp	CT	6:15pm	Insanity Live!	MG	6:30pm	Circuit Trng Exp	CT									
6:30pm	Hi/Lo Aerobics	S1	7:00pm	Zumba	S2	6:30pm	Cycle Spin	S3	7:00pm	Zumba	S2									
6:30pm	Yoga Mixed LvlS	SS	7:00pm	Pilates Mix	SS	6:30pm	Hi/Lo Aerobics	LLS	7:00pm	Hot Yoga Mxd LvlS	S3									
7:00pm	Muscle Max	S2	7:00pm	Abs & Glutes	S1	7:00pm	Muscle Max	S2												
7:30pm	30 Min Quick Fit	CT																		
8:00pm	Zumba	S2																		

**Room Key:**

- S1** Studio 1 (old studio 1; across from Stolle Center)
- S2** Studio 2 (NEW studio; next to studio 1; across from Stolle Center)
- S3** Studio 3 (NEW studio; behind studio 2; close to new north entry & childwatch)
- SS** Spirit Studio (previously called cycle spin studio; upstairs above physical desk)
- CT** Circuit Training Room (in CSC)
- LLS** Lower Level Studio (previously called studio 2; near lower level gym in arts & ed area)
- MG** Mini Gym