



		<i>Aerobics Studio</i>	<i>Yoga Studio</i>	<i>Spinning Studio</i>	<i>Pilates Studio (\$)</i>
Mon	6:00 AM		Ashtanga Yoga w/ Kathy		
	7:00 AM	Strong by Zumba w/ Rebecca			
	8:30 AM	CrossFit Breathe (in the CrossFit room)		Spinning in the Zone w/ Phyllis <sup>MZ</sup>	
	8:45 AM	HIIT the Zone w/ Gloria <sup>MZ</sup>			Reformer II/III w/ Meg
	9:45 AM		Gentle Yoga w/ Kay		Reformer Fundamentals w/ Gloria
	5:45 PM	Zumba® w/ Rebecca	Mindful Yoga w/ Mary		
Tues	6:00 AM			Spinning in the Zone w/ Rayne <sup>MZ</sup>	
	7:30 AM		Beginner Yoga w/ John		
	<b>8:30 AM</b>	CrossFit Breathe (in the CrossFit room)		<b>Spinning w/ Maisie NEW!!</b>	
	8:45 AM	Circuit Conditioning w/ Rayne			Reformer I w/ Monet
	10:00 AM		Restorative Mat Pilates w/ Monet		
	<b>5:45 PM</b>	<b>HIIT the Zone w/ Rayne<sup>MZ</sup> NEW!!</b>			
Wed	6:00 AM			Spinning w/ Connie	
	7:00 AM	HIIT the Zone w/ Darcie <sup>MZ</sup>			
	<b>8:30 AM</b>	Tabata Training (in the CrossFit room)		<b>Spinning w/ Phyllis - INSTRUCTOR CHANGE</b>	
	10:00 AM				Reformer II/III w/ Lissy
	<b>5:45 PM</b>		Gentle Yoga w/ Kay	<b>Spinning w/ Maisie NEW!!</b>	
Thurs	6:00 AM			Spinning w/ Rayne	
	7:30 AM		Mindful Yoga w/ Sharon		
	8:45 AM	HIIT the Zone w/ Rayne <sup>MZ</sup>			Reformer II/III w/ Monet
	10:15 AM	Senior Strength and Mat Pilates w/ Phyllis			
	<b>12:00 PM</b>			<b>Lunchtime Spinning w/ Lindsay NEW!!</b>	
	5:45 PM	HIIT the Zone w/ Rayne <sup>MZ</sup>			
Fri	7:15 AM		Mat Pilates w/ Kathy		
	8:30 AM	Tabata Training (in the CrossFit room)		<b>Spinning w/ Lindsay NEW!!</b>	
	8:45 AM				Reformer Fusion w/ Gloria
	<b>4:30 - 5:45 PM</b>		<b>Restorative Yoga w/ Kay (Jan 3, 17, 31)</b>		
Sat	8:00 AM			Spinning in the Zone w/ Rayne <sup>MZ</sup>	
	9:00 AM	Zumba® w/ Lisa			
	10:00 AM				Reformer All Levels w/ Lissy
Sun	7:30 AM		Rise 'n Shine Yoga w/ Mary		
	9:00 AM		Mindful Yoga w/ Mary		

MZ: These classes are specially designed to work with Myzone bands, encouraging participants to work out in predetermined heart rate zones. Myzone bands are highly recommended, but not required. They are available at the front desk.