



		<i>Aerobics/Strength</i>	<i>Yoga</i>	<i>Spinning</i>	<i>Reformer Pilates (\$)</i>
Mon	8:30 AM	CrossFit Breathe (in the CrossFit room)		Spinning w/ Phyllis	
	8:45 AM				Reformer II/III w/ Gloria
Tues	6:00 AM			Spinning w/ Rayne	
	7:30 AM		Gentle Yoga w/ Darcie		
	8:30 AM	CrossFit Breathe (in the CrossFit room)			
	8:45 AM	Total Body Conditioning w/ Rayne			
	10:15 AM	Senior Strength and Mat Pilates w/ Phyllis			
Wed	6:00 AM			Spinning w/ Connie	
	8:30 AM	Tabata Training		Spinning w/ Jamie	
	10:00 AM				Reformer II/III w/ Lissy
	5:30 PM		Gentle Yoga w/ Mary NEW TIME		
Thurs	6:00 AM			Spinning w/ Rayne	
	7:30 AM		Mindful Yoga w/ Sharon		
	8:45 AM	HIIT Fit w/ Ann - NEW			
	10:15 AM	Senior Strength and Mat Pilates w/ Phyllis			
Fri	8:30 AM	Tabata Training (in the CrossFit room)		Spinning w/ Lindsay	
	8:45 AM				Reformer Fusion w/ Gloria
Sat	8:00 AM			Spinning in the Zone w/ Rayne ^{MZ}	
	10:00 AM				Reformer All Levels w/ Lissy
Sun	8:00 AM		Rise 'n Shine 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.