



		<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
	5:45 PM	HIIT w/ Shayna ^{MZ} - NEW!!			
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
Thurs	6:00 AM			Spinning w/ Rayne	
	7:30 AM		Mindful Yoga w/ Sharon		
	8:45 AM	Boot Camp w/ Ann			
	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 w/ Rayne	
	10:00 AM				Reformer All Levels w/ Lissy
Sun	8:00 AM		Rise 'n Shine Yoga w/ Darcie		

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.