



		<i>Aerobics/Strength</i>	<i>Yoga</i>	<i>Spinning</i>	<i>Reformer Pilates (\$)</i>
Mon	8:30 AM	CrossFit Breathe (in the Field House)		Spinning w/ Phyllis	
	8:45 AM				Reformer II/III w/ Gloria
	5:30 PM	HIIT w/ Rayne ^{MZ}			
Tues	6:00 AM			Spinning w/ Rayne	
	7:30 AM		Morning Yoga w/ Darcie		
	8:30 AM	CrossFit Breathe (in the Field House)			
	8:45 AM		HIIT w/ Rayne ^{MZ}		
	10:15 AM	Senior Strength and Mat Pilates w/ Phyllis			
	5:45 PM	VIRTUAL Zumba w/ Lisa NEW (starts 2/2/2021)			
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		Vinyasa Yoga w/ Donna		
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			
	5:30 PM	HIIT w/ Rayne ^{MZ}			
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	
	9:00 AM	VIRTUAL Zumba w/ Lisa			
	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.