



		<i>Aerobics/Strength</i>	<i>Yoga</i>	<i>Spinning</i>	<i>Reformer Pilates (\$)</i>
Mon	6:00 AM			Spinning w/ Meghan	
	8:30 AM	CrossFit Breathe (in the Field House)		Spinning w/ Phyllis	
	8:45 AM				Reformer II/III w/ Gloria/Lissy
	9:30 AM	Essentrics w/ Sherry NEW TIME			
	5:30 PM	Boot Camp 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			
	5:30 PM		Nourish & Restore w/ Jane NEW		
	5:45 PM	VIRTUAL Zumba w/ Lisa			
Wed	6:00 AM			Spinning w/ Lindsay	
	8:30 AM	Tabata Training		Spinning w/ Jamie	
	5:30 PM	Core & Cardio w/ Meghan NEW DAY			
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 Field House)		Spinning w/ Lindsay	
	8:45 AM				Reformer Fusion w/ Gloria/Lissy
Sat	8:00 AM			Spinning w/ Rayne	
	8:30 AM				Reformer Pilates w/ Lissy NEW TIME
	9:00 AM	Zumba w/ Lisa (Live & Virtual)			
	10:00 AM				
Sun	8:00 AM		Rise 'n Shine Yoga w/ Cassandra - NEW INSTRUCTOR		

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.