



		<i>Aerobics/Strength</i>	<i>Yoga</i>	<i>Spinning</i>	<i>Reformer Pilates (\$)</i>
Mon	8:30 AM	CrossFit Breathe (in CrossFit space)		Spinning w/ Phyllis	Reformer II/III w/ Gloria
	9:45 AM	Essentrics w/ Sherry			
	5:30 PM	HIIT It! w/ Rayne <sup>MZ</sup>			
Tues	6:00 AM			Spinning w/ Rayne	
	7:30 AM		Morning Yoga w/ Darcie T		
	8:30 AM	CrossFit Breathe (in CrossFit space)			
	8:45 AM	HIIT It! w/ Rayne <sup>MZ</sup>			
	10:15 AM	Senior Strength and Mat Pilates w/ Phyllis			
	<b>5:30 PM</b>			<b>Spinning w/ Ann - NEW!</b>	
Wed	6:00 AM			Spinning w/ Claudia	
	8:30 AM	CrossFit Breathe (in CrossFit space)		Spinning w/ Jamie	Reformer Pilates w/ Lissy All Levels
	<b>9:45 AM</b>		<b>Vinyasa Yoga w/ Robina NEW TIME</b>		
	5:45 PM				Reformer Intro (4 weeks) w/ Lissy - Starts 10/27
Thurs	6:00 AM			Spinning w/ Rayne	
	7:30 AM		Mindful Yoga w/ Sharon		
	<b>8:45 AM</b>	<b>Fit 4 Life w/ Ann</b>			
	10:15 AM	Senior Strength and Mat Pilates w/ Phyllis			
	5:30 PM	Boot Camp w/ Rayne <sup>MZ</sup>			
Fri	8:30 AM	CrossFit Breathe (in CrossFit space)		Spinning w/ Rotating Instructors	
	8:45 AM				Reformer Fusion w/ Gloria
Sat	8:00 AM			Spinning w/ Rayne	
	8:30 AM				Reformer Pilates w/ Lissy
	9:00 AM	Zumba w/ Lisa			
	9:30 AM		Vinyasa Yoga w/ Robina		
	10:00 AM				
Sun	8:00 AM		Rise 'n Shine Yoga w/ Darcie S	All classes on this schedule included in SAC membership except for Reformer Pilates.	

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.