



		Aerobics/Strength	Yoga	Spinning	Reformer Pilates (\$)
Mon	7:30 AM	Boot Camp w/ Jamie NEW!			
	8:30 AM	CrossFit Breathe (in CrossFit space)		Spinning w/ Phyllis	Reformer II/III w/ Lissy
	9:45 AM	Essentrics w/ Sherry			
	5:30 PM	Circuit Conditioning w/ Rayne ^{MZ}			
Tues	6:00 AM			Spinning w/ Rayne	
	7:30 AM		Morning Yoga w/ Darcie Shedd		
	8:30 AM	CrossFit Breathe (in CrossFit space)			
	8:45 AM	Circuit Conditioning w/ Rayne ^{MZ}			
	10:15 AM	Strength and Mat Pilates w/ Phyllis			
	5:30 PM			Spinning w/ Ann NEW! Starting 11/8	
Wed	6:00 AM			Spinning w/ Claudia	
	8:30 AM	CrossFit Breathe (in CrossFit space)		Spinning w/ Jamie	
	9:45 AM	Essentrics w/ Sherry			
	4:30 PM				Pilates Reformer I w/ Lissy
	5:30 PM	Ski Conditioning w/ Shane			
Thurs	6:00 AM			Spinning w/ Rayne	
	7:30 AM		Mindful Yoga w/ Sharon		
	8:45 AM	Fit 4 Life w/ Ann			
	10:15 AM	Strength and Mat Pilates w/ Phyllis			
Fri	8:30 AM	CrossFit Breathe (in CrossFit space)		Spinning w/ Lindsay	
	8:45 AM				Reformer Fusion w/ Lissy
Sat	8:00 AM			Spinning w/ Rayne	
	8:30 AM				
	9:00 AM	Zumba w/ Lisa			
	9:15 AM		Vinyasa Yoga w/ Robina		
Sun	8:00 AM		Vinyasa Flow w/ Connie NEW Instructor!	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.