



		Aerobics/Strength	Yoga	Spinning	Reformer Pilates (\$)
Mon	7:30 AM	Boot Camp w/ Jamie			
	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/ Julie	
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		Vinyassa Yoga w/ Robina		
Sun	8:00 AM		Rise n' Shine w/ Connie	Spinning w/ Julie *NEW	

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.