

		<b>Aerobics/Strength</b>	<b>Yoga</b>	<b>Spinning</b>	<b>Reformer Pilates (\$)</b>
<b>Mon</b>	7:30 AM	<b>Boot Camp w/ Jamie NEW!</b>			
	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/ RayneMZ			
<b>Tues</b>	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/ RayneMZ			
	10:15 AM	Strength and Mat Pilates w/ Phyllis			
	5:30 PM			Spinning w/ Julie	
<b>Wed</b>	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				Reformer I w/ Lissy
	5:30 PM	Ski Conditioning w/ Shane			
<b>Thurs</b>	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			
<b>Fri</b>	8:30 AM	CrossFit Breathe (in CrossFit space)	<b>Mindful Yoga w/ Ria NEW! Starts 1/13</b>	Spinning w/ Lindsay	
	8:45 AM				Reformer Fusion w/ Lissy
<b>Sat</b>	8:00 AM			Spinning w/ Rayne	
	8:30 AM				
	9:00 AM	Zumba w/ Lisa			
	9:15 AM		Vinyassa Yoga w/ Robina		
<b>Sun</b>	8:00 AM		Rise N' Shine w/ Connie	Spinning w/ Julie	

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.