

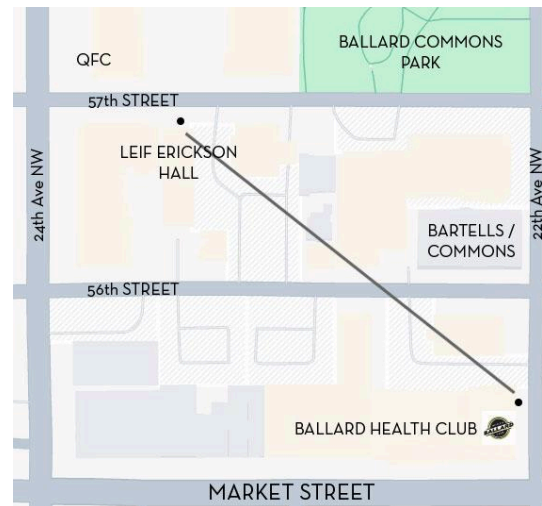
IN-STUDIO CLASS SCHEDULE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	6:00-7:00am Fit Camp (Rachel L)	6:30-7:30am Sunrise Yoga (Jessica)	6:00-7:00am Fit Camp (Rachel L)		6:00-7:00am Fit Camp (Kyle)	
	8:30-9:15am Step (Jose)	8:00-8:45am Total Body Strong* (Brenda)	8:30-9:15am Step (Jose)	8:00-8:45am Total Body Strong* (Brenda)	8:00-8:45am Total Body Strong* (Brenda)	8:00-8:45am Yoga Sculpt (Raquel)
9:45-10:30am Circuit Training (Ivanna)	9:30-10:30am Fit Camp (Kyle)		9:30-10:30am Fit Camp (Kyle)		9:30-10:30am Fit Camp (Kyle)	9:00-9:50am Barre (Anne)
10:45-11:45am Hatha Yoga (Marianne)	10:45am -11:45pm YogaStrength Fusion* (Heather)					10:15-11:15am BODYPUMP® * (Rachel)
	5:00-5:45pm Circuit Training (Ivana)	5:00-5:50pm Barre (Ivana)	5:00-5:50pm Barre (Tracy)	5:00-5:45pm Barre (Anne)	5:15-6:15pm Yoga for All* (Marianne)	
	6:00-6:45pm Circuit Training (Ivana)	6:30-7:30pm BODYPUMP® * (Joey)	6:00-6:45pm Fit Camp (Kyle)	6:15-7:15pm BODYPUMP® * (Kaye)		
	7:00-8:00pm Hatha Yoga (Amanda)		7:00-8:00pm Vinyasa Flow (Taylor)			<i>Effective May 1, 2025</i>

** Hybrid = classes that are In-Studio and Online simultaneously*

IN-STUDIO SILVER CLASS SCHEDULE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		9:30-10:30am Silver Circuit (Ivonne) Studio Y		9:30-10:30am Silver Circuit (Ivonne) Studio Y		
	10:00-11:00am Silver Fitness at Leif Erikson Hall (Marianne)		10:00-11:00am Silver Fitness at Leif Erikson Hall (Karen)		10:00-11:00am Silver Fitness at Leif Erikson Hall (Ivonne)	
					12:00-1:00pm Silver PLUS * (Ivonne) Studio Y	
						<i>Effective May 1, 2025</i>



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CYCLING CLASS SCHEDULE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		7:00-7:45am Cycling (Anne-Marie)			7:00-7:45am Cycling for Beginners (Anne-Marie)	
	9:00-9:45am Cycling (Pat H.)		9:00-9:45am Cycling (Pat H.)		9:00-9:45am Cycling (Sean)	
10:00-10:45am Cycling (Sean)						10:00-10:45am Cycling (Claire)
	6:00-6:45pm Cycling (Claire)	6:00-6:45pm Cycling (Mariah)	6:00-6:45pm Cycling (Dennis)	6:00-6:45pm Cycling (Rachel)		<i>Effective May 1, 2025</i>

ONLINE CLASS SCHEDULE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	8:30-9:15am Circuit Strength (Hattie)	8:00-8:45am Total Body Strong* (Brenda)	8:30-9:15am Circuit Strength (Hattie)	8:00-8:45am Total Body Strong* (Brenda)	8:00-8:45am Total Body Strong* (Brenda)	8:30-9:30am Vinyasa (Marianne)
9:00-10:00am Vinyasa Basics (Marianne)						
	10:00-11:00am Silver PLUS (Hattie)	10:00-11:10am Bhakti Yoga (MJ)	10:00-11:00am Silver PLUS (Hattie)	10:00-11:10am Bhakti Yoga (MJ)		10:15-11:15am BODYPUMP® * (Rachel)
	10:45-11:45am YogaStrength Fusion (Heather)					
		12:00-1:00pm Silver Fitness (Hattie)		12:00-1:00pm Silver Fitness (Ivonne)	12:00-1:00pm Silver PLUS * (Ivonne)	
	4:00-5:00pm Slow Flow Yoga (Sally)		4:00-5:00pm Slow Flow Yoga (Sally)			
5:30-6:30pm Yoga Wind Down (Tracy)		5:30-6:30pm Yoga Tune Up (Tracy)		5:30-6:30pm Yoga Basics (Tracy)	5:15-6:15pm Yoga for All (Marianne)	
				6:00-7:00pm BODYPUMP® * (Kaye)		<i>Effective May 1, 2025</i>

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