






TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:15a	Muscle Challenge Jessica	Cardio Fusion Jessica/Kendall	Muscle Fusion Heidi		Muscle Challenge Jessica	
6:30a	Muscle Challenge Brycie	Freestyle Step Brycie				
8:15a	WQ Step Linda	WQ Transform Lyndsay	HIIT Express Heidi	WQ Transform Lyndsay	WQ Step Linda	WQ Step Rebecca
9:20a	MUSCLE CHALLENGE Linda	WQ Power Mix Linda	Pilates Mat Plus Renee R. (Extended 75 min class)	WQ Power Mix Linda	WQ Power Kristen H.	9:15am WQ Power Jennifer
10:20a	10:45am  Mike	WQ Power Mix Beth		Heart Smart Lois	BOOM Muscle and Mind Katie *Formally HeartSmart	YOGA Jennifer (75 min)
11:30a		GENTLE YOGA Suzanne	YOGA Thebither	Gentle Yoga Suzanne		11:45am  Amber
4:30p	WQ Power Laura	4:15pm Yoga Jennifer	 Alice	WQ Transform Lyndsay		
5:30p	HeartZones Conditioning Heidi	CARDIO SCULPT Cathy A	Muscle Fusion Amber	WQ Step Tamara		
6:30p	MUSCLE CHALLENGE Express Heidi	 Jenni	Kickboxing Alena	 Mike		
7:30p	YOGA Sue		YOGA Suzanne			

STUDIO "B"

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
	**7am Yoga Tiffany		**7am Yoga Suzanne	9:20am Stretch Lois	**7am Yoga Suzanne	
10:30am	Senior Challenge Thebither	Senior Stretch Julie	Senior Challenge Thebither	*SILVERSNEAKERS Classic Natalie	Senior Challenge Thebither	
11:30am	Senior Challenge Thebither		*SILVERSNEAKERS Classic Heidi	Senior Chair Yoga Natalie	Senior Challenge Thebither	

AQUA SCHEDULE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:15a					*SWIMFIT FITNESS Suzy	
8:15a	*AQUA FIT Abigail	*SWIMFIT FITNESS Suzy	*AQUA FIT Abigail	*SWIMFIT FITNESS Suzy	*AQUA FIT Lois	
9:30a	*WATER WORKS Val/Kendall		*WATER WORKS Karen C		9:15am*WATER WORKS Lois	*WATER WORKS Alternating Instructor
10:30a	*A LIGHTER SPLASH Val/Kendall	*SILVERSPLASH Margaret	*A LIGHTER SPLASH Kathy	*SILVERSPLASH Kathy		
5:30p	*WATER WORKS Carol		*WATER WORKS Val			

