

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:15a	<b>Muscle Challenge</b> Kendall	<b>Cardio Fusion</b> Kendall	<b>Muscle Fusion</b> Heidi	<b>Core Fusion</b> Mary Catherine	<b>Muscle Challenge</b> Mary Catherine	
6:30a	<b>Muscle Challenge</b> Brycie	<b>Freestyle Step</b> Brycie				
8:15a	<b>WQ Step</b> Linda	<b>WQ Transform</b> Lyndsay	<b>HIIT Express</b> Heidi/Andi	<b>WQ Transform</b> Lyndsay	<b>WQ Step</b> Linda	<b>WQ Step</b> Rebecca/Nicole
9:20a	<b>MUSCLE CHALLENGE</b> Linda	<b>WQ Power Mix</b> Linda	<b>Pilates Mat Plus</b> Renee R. (Extended 75 min class)	<b>WQ Power Mix</b> Linda	<b>WQ Power</b> Kristen H.	<b>9:15am WQ Power</b> Jennifer/Nicole
10:20a	<b>10:45am ZUMBA fitness</b> Mike	<b>WQ Power Mix</b> Beth		<b>Heart Smart</b> Lois	<b>BOOM Muscle and Mind</b> Katie	<b>YOGA</b> Jennifer/Vickie (75 min)
11:30a		<b>GENTLE YOGA</b> Suzanne	<b>YOGA</b> Melinda	<b>Gentle Yoga</b> Suzanne	<b>Pilates Mat Plus</b> Renee R. (Extended 75 min class)	<b>11:45am ZUMBA fitness</b> Alice
4:30p	<b>WQ Power</b> Laura	<b>4:15pm Yoga</b> Jennifer/Tiffany/Natalie		<b>4:15pm WQ Transform</b> Lyndsay		
5:30p	<b>HeartZones Conditioning</b> Heidi	<b>CARDIO SCULPT</b> Cathy A	<b>Muscle Fusion</b> Amber	<b>WQ Step</b> Tamara		
6:30p	<b>MUSCLE CHALLENGE</b> Andi	<b>ZUMBA fitness</b> Amber	<b>ZUMBA fitness</b> Alice	<b>ZUMBA fitness</b> Mike		
7:30p	<b>YOGA</b> Sue		<b>YOGA</b> Natalie			

**STUDIO "B"**

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

**AQUA SCHEDULE**

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

