






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

STUDIO "B"

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

AQUA SCHEDULE

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

