





TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:15a	Muscle Challenge <i>Jessica</i>	Cardio Fusion <i>Kendall</i>	Muscle Fusion <i>Heidi</i>		Muscle Challenge <i>Jessica</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</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> <i>(Extended 75 min class)</i>	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> <i>(75 min)</i>
11:30a		GENTLE YOGA <i>Suzanne</i>	YOGA Thebither	Gentle Yoga <i>Suzanne</i>		
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 Express <i>Heidi</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>			