

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:30am	SPIN/Yoga 2nd Floor	BODYPUMP 1st floor	Hill Training 2nd Floor (45 min)	BODYPUMP 1st floor	All Terrain SPIN 2nd Floor (45 min)
7:00am	6:45am Slow Flow Yoga 3rd Floor (75min)		Kripalu Yoga 3rd Floor		6:45am Slow Flow Yoga 3rd Floor (75 min)
7:45am		The Ride 2nd Floor		The Ride 2nd Floor	
8:30am		Perpetual Yoga 3rd Floor	Tai Chi Form 42 3rd Floor continuing	Yoga Fundamentals 3rd Floor	8:45am SPIN/Abs 2nd Floor
9:00am	ZUMBA Fitness 1st Floor (75 min)	Dance Explosion 2nd Floor (75 min)	BODYPUMP 1st Floor	Step Fusion 1st Floor	BODYSTEP 1st Floor (45 min)
	Anusara Yoga Fundamentals 2nd Floor (75 min)		9:15am NIA 2nd Floor		
9:30am		Tai Chi Form 42 3rd Floor continuing	Tai Chi Form 42 3rd Floor continuing		Hatha Yoga Basics 3rd Floor
					9:45am BODYPUMP 1st Floor (45 min)
10:30am	Body Conditioning 1st Floor		Body Conditioning 1st Floor	Variety Pack 1st Floor	Body Conditioning 1st Floor
	Jazz Dance 2nd Floor (75 min)	Stretch & Strengthen 2nd Floor	Ballet Barre 2nd Floor (75 min)	Stretch & Strengthen 2nd Floor	
	Gyrokinesis 3rd Floor	Tai Chi Form 42 3rd Floor continuing	Tai Chi Form 42 2nd Floor outside continuing		
	Aquacise Pool	Aquacise Pool	Anusara Going Deeper 3rd Floor (75 min) Aquacise Pool	Aquacise Pool	Aquacise Pool
11:45am	Pilates Matte All Levels 2nd Floor	11:30am Tai Chi Form 42 3rd Floor continuing			
	Iyengar Yoga I 3rd Floor (75 min)	Pilates Mat Level II 2nd Floor	Pilates Mat Level I 2nd Floor	Pilates Mat Level II 2nd Floor	Pilates Mat Level I 2nd Floor
4:30pm		Yoga For Everyone 2nd Floor (75 min)	Svaroopaa Yoga 2nd Floor (90 min)	Yoga For Everyone 2nd Floor (75 min)	
5:30pm	Flow Yoga 3rd Floor				Kripalu Yoga 2nd Floor (75 min)
6:00pm	BODYPUMP 1st Floor	Turbo Kick 1st Floor	BODYPUMP 1st Floor	Performance Fitness 1st Floor	
		NIA 2nd Floor			
		Tai Chi Form 42 3rd Floor			
6:15pm			Pilates Matte All Levels 2nd Floor (45 min)		
			Vinyasa Yoga 3rd Floor (75 min)		
6:30pm	All Terrain SPIN 2nd Floor (45 min)	SPIN/Yoga 2nd Floor outside (75 min)		All Terrain SPIN 2nd Floor outside (45 min)	
7:00pm	ZUMBA Fitness 1st Floor	Tai Chi Form 42 1st Floor	ZUMBA Fitness 1st Floor	Turbo Kick 1st Floor Starting 4/19	
		Pilates Mat All Levels 2nd Floor			
		Yoga Fundamentals 3rd Floor (75 min)			
		HYDRO Blast Pool			

	SATURDAY	SUNDAY
8:15am	SPIN/Yoga 2nd Floor (90 min)	
8:30am	BODYSTEP 1st Floor	All Terrain SPIN 2nd Floor
9:30am	BODYPUMP 1st Floor	
9:45am	NIA 2nd Floor	
	HYDRO Challenge Pool	
10:00am		ZUMBA Fitness 1st Floor (75 min)
11:00am	Anusara Inspired Yoga 2nd Floor (90 min)	
12:00pm		Kripalu Yoga 2nd Floor (90 min)
1:00pm	Lisa's Stretch 2nd Floor	
2:00pm	Discover Dance Explosion 1st Floor last class 5/12	
3:00pm	Dance Explosion 1st Floor	
	Pilates Mat Level I 2nd Floor	
4:00pm	Body Conditioning 1st Floor (45 min)	Pilates Mat Level II 2nd Floor
	Svaroopa Yoga 3rd Floor (90 min)	
5:00pm		Hydro Active Pool