























FITNESS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 10:00 AM ZUMBA w/Leslie	 10:00 AM ZUMBA w/Leslie	 9:00 AM RIPPED w/Jessica	 10:00 AM ZUMBA w/Tiffany	 10:00 AM ZUMBA w/Natalie
 12:00 PM PILATES w/Kathy	 1:30 PM YOGA w/Laurie	 10:00 AM ZUMBA w/Tiffany	 1:30 PM YOGA w/Laurie	 5:00 PM TRX w/Beth
 7:00 PM ZUMBA w/Tiffany	 5:45 PM–6:30 PM TRX w/Beth	 11:00 AM SPIN w/Maggie	<p>***All classes are 55 minutes unless noted otherwise***</p> <p>Daily aerobics pass: \$6.00</p> <p>IMPORTANT: Class dates and times are subject to change without notice.</p>	 6:00 PM ZUMBA w/Mechelle
 8:00 PM BARRE w/Natalie	 6:30 PM–7:30 PM ZUMBA w/Natalie	 12:00 PM PILATES w/Kathy		SATURDAY
	 7:30 PM–8:00 PM STRETCH w/Natalie	 6:00 PM ZUMBA w/Mechelle		 10:00 AM ZUMBA w/Mechelle
		 7:30 PM YOGA w/Laurie		
 <p>DROP IN CHILDCARE HOURS</p> <p>Mon–Fri (AM) 8:45AM–12PM</p> <p>Mon–Thurs (PM) 5PM–8PM</p> <p>Friday 5PM–7PM</p> <p>Saturday 9AM–11AM</p> <p>Sunday CLOSED</p>				