







# FITNESS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY										
 10:00 AM ZUMBA w/Julie	 9:00 AM SPIN w/Linda	 8:00 AM YOGA w/Laurie	 9:00 AM SPIN w/Linda	 10:00 AM ZUMBA w/Natalie										
 11:15 AM YOGA w/Laurie	 10:00 AM ZUMBA w/Leslie	 9:00 AM RIPPED w/Jessica	 10:00 AM ZUMBA w/Tiffany	 11:15 AM YOGA w/Laurie										
 12:00 PM PILATES w/Kathy	 5:45 PM–6:30 PM TRX w/Beth	 10:00 AM ZUMBA w/Tiffany	<p>***All classes are 55 minutes unless noted otherwise***</p> <p>Daily aerobics pass: \$6.00</p> <p><b>IMPORTANT:</b> Class dates and times are subject to change without notice.</p>	 5:00 PM TRX w/Beth										
 7:00 PM ZUMBA w/Tiffany	 6:30 PM–7:30 PM ZUMBA w/Natalie	 12:00 PM PILATES w/Kathy		 6:00 PM ZUMBA w/Mechelle										
 8:00 PM BARRE w/Natalie	 7:30 PM–8:00 PM STRETCH w/Natalie	 6:00 PM ZUMBA w/Mechelle												
<p><b>DROP IN CHILDCARE HOURS</b></p> <table border="1"> <tr> <td>Mon–Fri (AM)</td> <td>8:45AM–12PM</td> </tr> <tr> <td>Mon–Thurs (PM)</td> <td>5PM–8PM</td> </tr> <tr> <td>Friday</td> <td>5PM–7PM</td> </tr> <tr> <td>Saturday</td> <td>CLOSED</td> </tr> <tr> <td>Sunday</td> <td>CLOSED</td> </tr> </table>				Mon–Fri (AM)	8:45AM–12PM	Mon–Thurs (PM)	5PM–8PM	Friday	5PM–7PM	Saturday	CLOSED	Sunday	CLOSED	
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