



Class Schedule

Classes in bold require advance registration and payment

MONDAY			
11:30-12:15	<i>Sculpt It</i>	Marsha	Gym
12:15-1:00	<i>Blast Step*</i>	Heather	Studio
5:15-6:15	<i>Power Sculpt</i>	Scott	Gym
5:20-6:20	Yoga M:10.50, NM:15.50	Patricia	Studio
TUESDAY			
11:30-12:20	<i>Turbo Pump</i>	Rick	Gym
12:15-1:00	<i>Zumba*</i>	Betsy	Studio
5:15-6:05	WERQ®	Laura	Gym
5:20-6:10	Pilates or PiYo M:11, NM:17	Marsha	Studio
WEDNESDAY			
6:30-7:20	<i>Sunrise Boot Camp</i>	Cindy	Studio
11:30-12:10	<i>Kickboxing Interval</i>	Heather	Gym
12:15-1:00	<i>SPYS</i>	Marsha	Studio
4:40-5:25	Ballet M:14, NM:18	Margaret	Studio
5:15-6:15	<i>Power Sculpt</i>	Scott	Gym
THURSDAY			
12:15-1:00	<i>Interval</i>	Betsy	Gym
5:15-6:15	<i>Turbokick®</i>	Laura	Gym
5:20-6:20	Zumba (no 5/8) M:5.25, NM:10.50	Margaret	Studio
FRIDAY			
11:30-12:15	<i>Boot Camp</i>	Elizabeth	Gym

Specialty classes:

KARATE - Tuesday & Thursday, 6:30-8:30 PM
- Saturday, 10:00AM - 12:00P M

You must sign in to attend classes marked with an asterisk

*Registration is free & begins 15 minutes prior to start of class.

All classes require a minimum of 8 participants to continue.