

2025



Sun	Mon	Tue	Wed	Thu	Fri	Sat					
						8:30 PEDAL & PUMP 1 Mandy					
2	8:30 OUT OF BOUNDS Vickie 10:00 YOGA Kate 12:30 BARRE Nicole 1:00 H2o DEEP Kim 1:45 H2o SHALLOW Kim 4:30 PURE STRENGTH Kelsey 5:30 CYCLING Jenny 6:30 YOGA Jamie	4	8:30 TRIPLE TREAT Milie 10:00 YOGA Kate 11:15 RESTORATIVE YOGA Kate 12:30 CYCLING Kelsey 1:00 H2o DEEP Rox 1:45 H2o SHALLOW Rox 4:30 MOB. & STRENGTH Mandy 5:30 BARRE FUSION Jenny 6:30 YOGA Ann Marie	5	8:30 BARRE Vickie 10:00 SSS Vickie 12:30 TOTAL BODY Nicole 4:30 CYCLING Kelsey 5:30 TOTAL BODY Ann Marie 6:30 GENTLE YOGA Ann Marie	6	8:30 BODY DESIGN Kelsey 10:00 YOGA Teresa 12:00 H2o SHALLOW Kim 12:30 HIIT UPPER Nicole 5:00 BARRE Ann Marie	8	8:30 PEDAL & PUMP Danielle		
9	8:30 INTERVAL Karen 10:00 YIN YOGA Kate 12:30 BARRE Ann Marie 1:00 H2o DEEP Kim 1:45 H2o SHALLOW Kim 4:30 PURE STRENGTH Nicole 5:30 CYCLING Kelsey 6:30 YOGA Jamie	10	8:30 TRIPLE TREAT Milie 10:00 YOGA Kate 11:15 RESTORATIVE YOGA Kate 12:30 CYCLING Kelsey 1:00 H2o DEEP Rox 1:45 H2o SHALLOW Rox 4:30 MOB. & STRENGTH Mandy 5:30 BARRE FUSION Jenny 6:30 YOGA Teresa	11	8:30 BARRE Karen 10:00 SSS Karen 12:30 TOTAL BODY Nicole 4:30 CYCLING Kelsey 5:30 TOTAL BODY Ann Marie 6:30 GENTLE YOGA Ann Marie	12	8:30 BODY DESIGN Nicole 10:00 YOGA Karen 12:00 H2o SHALLOW Kim 12:30 HIIT LOWER Kelsey 5:00 BARRE Ann Marie	13	14	15	8:30 PEDAL & PUMP Jenny
16	8:30 OUT OF BOUNDS Kelsey 10:00 YOGA Kate 12:30 BARRE Karen 1:00 H2o DEEP Kim 1:45 H2o SHALLOW Kim 4:30 PURE STRENGTH Nicole 5:30 CYCLING Jenny 6:30 YOGA Jamie	17	8:30 TRIPLE TREAT Milie 10:00 YOGA Kate 11:15 RESTORATIVE YOGA Kate 12:30 CYCLING Beth 1:00 H2o DEEP Rox 1:45 H2o SHALLOW Rox 4:30 MOB. & STRENGTH Mandy 5:30 BARRE FUSION Kelsey	18	8:30 BARRE Vickie 10:00 SSS Vickie 12:30 TOTAL BODY Nicole 4:30 CYCLING Kelsey 5:30 TOTAL BODY Jenny 6:30 GENTLE YOGA Teresa	19	8:30 BODY DESIGN Karen 10:00 YOGA Karen 12:00 H2o SHALLOW Kim 12:30 HIIT UPPER Nicole 5:00 BARRE Kelsey	20	21	22	8:30 PEDAL & PUMP Danielle
23	8:30 INTERVAL Karen 10:00 YIN YOGA Kate 12:30 BARRE Nicole 1:00 H2o DEEP Kim 1:45 H2o SHALLOW Kim 4:30 PURE STRENGTH Kelsey 5:30 CYCLING Jenny 6:30 YOGA Jamie	24	8:30 TRIPLE TREAT Vickie 10:00 YOGA Kate 11:15 RESTORATIVE YOGA Kate 12:30 CYCLING Beth 1:00 H2o DEEP Rox 1:45 H2o SHALLOW Rox 4:30 MOB. & STRENGTH Mandy 5:30 BARRE FUSION Jenny 6:30 YOGA Ann Marie	25	8:30 BARRE Nicole 10:00 SSS Vickie 12:30 TOTAL BODY Karen 4:30 CYCLING Kelsey 5:30 TOTAL BODY Ann Marie 6:30 GENTLE YOGA Ann Marie	26	8:30 BODY DESIGN Vickie 10:00 YOGA Karen 12:00 H2o SHALLOW Kim 12:30 HIIT LOWER Nicole 5:00 BARRE Kelsey	27	28	29	8:30 PEDAL & PUMP Kelsey
30	8:30 OUT OF BOUNDS Vickie 10:00 YOGA Kate 12:30 BARRE Kelsey 1:00 H2o DEEP Kim 1:45 H2o SHALLOW Kim 4:30 PURE STRENGTH Nicole 5:30 CYCLING Jenny 6:30 YOGA Jamie	31	Pedal & Pump Can't decide if you want to do cardio or strength? Why not do both! Follow our instructors through a vigorous 30-minute cycle class, then move to the Aerobics Room for a 30-minute lifting session that will help strengthen and sculpt your body.								

