

CLASS SCHEDULE

| DAY | CLASS | INSTRUCTOR | LOCATION |
|--------------|----------------------------------|------------|-----------------|
| M | Circuit, 7:30AM | Regan | Gym Floor |
| | Circuit, 8:30AM | Regan | Gym Floor |
| | Stretch & Roll, 9:15AM | Bethani | Mind/Body |
| | Barre, 9:30AM | Mykala | Studio A |
| | Simply Strength (Lower), 10:15AM | Mykala | Studio A |
| | Circuit, 10AM | Jen | Gym Floor |
| | Strength & Cardio, 4:30PM | Jen | Gym Floor |
| | Total Body Strength, 5:30PM | Ann | Studio A |
| Yoga, 5:30PM | Steve | Mind/Body | |
| T | Circuit, 5:45AM | Jen | Gym Floor |
| | Cycle, 8:00AM | Gary | Cycle Studio |
| | Total Body Strength, 8:30AM | Grace | Studio A |
| | Zumba, 9:30AM | Grace | Studio A |
| | Aqua Mix, 9:00AM | Michelle | Pool |
| | Yoga, 9:30AM | Steve | Mind/Body |
| | Cadence, 9:15AM | Maria | Cardio Room |
| | Strength & Cardio, 9:30AM | Regan | Gym Floor |
| | Yoga Mix, 5:30PM | Sarah | Mind/Body |
| | Circuit, 5:30PM | Josh | Gym Floor |
| W | Circuit, 7:30AM | Regan | Gym Floor |
| | Circuit, 8:30AM | Regan | Gym Floor |
| | TRX Fusion, 9:15AM | Jen | Studio B |
| | Zumba, 9:30AM | Judith | Studio A |
| | Circuit, 10AM | Bethani | Gym Floor |
| | Strength & Cardio, 4:30PM | Jen | Gym Floor |
| | Barre, 5:30PM | Mykala | Studio A |
| | Yoga, 5:30PM | Steve | Mind/Body |
| TH | Circuit, 5:45AM | Jen | Gym Floor |
| | Aqua Mix, 9:00AM | Verna | Pool |
| | SOULfusion™, 9:30AM | Mykala | Studio A |
| | Simply Strength (Upper), 10:15AM | Mykala | Studio A |
| | Strength & Cardio, 9:30AM | Jen | Gym Floor |
| | Circuit, 5:30PM | Josh | Gym Floor |
| F | Cadence Distance, 6AM | Maria | Meet at PT desk |
| | Circuit, 7:30AM | Regan | Gym Floor |
| | Circuit, 8:30AM | Regan | Gym Floor |
| | Kettlebells, 9:15AM | Stephanie | Gym Floor |
| | Zumba, 9:30AM | Grace | Studio A |
| | Movement & Mobility, 9:30AM | Maria | Mind/Body |
| | Circuit, 10AM | Bethani | Gym Floor |
| SAT | Yin , 8AM | Wendy | Mind/Body |
| | Yin Yin, 9:30AM | Wendy | Mind/Body |
| | Strength & Cardio 9:30AM | Rotating | Gym Floor |