



SUMMER CLASS SCHEDULE

STARTING MAY 31, 2022

START TIME	MON	TUE	WED	THU	FRI	SAT
5:05 AM	Strength Training	Barre	Strength Training	Barre	Strength Training	
6:00 AM	High Fitness Burn & Build Spin	HIIT Zumba	Tabata Cardio Fuse Spin	HIIT Zumba	High Fitness Spin	
6:30 AM		Spin		Spin		
7:00 AM	Mat Core Surge Fit	Yoga	Mat Core Surge Fit	Yoga	Pilates Surge Fit	Zumba Surge Strength Spin
8:00 AM	Tai Chi Yoga	Silver Sneakers Circuit Strength & Tone	Tai Chi Yoga	Silver Sneakers Circuit Strength & Tone	Tai Chi Yoga	Step Fitness Barre Kickboxing
8:30 AM		Spin		Spin		
9:00 AM	Zumba Barre Spin	Cardio & Tone	Zumba Barre Spin	Cardio & Tone	Zumba Barre Spin	High Fitness Spin Pumped Up Strength
9:30 AM	Kickboxing	High Fitness	Kickboxing	High Fitness	Kickboxing	
10:00 AM	Ball Pilates U-Jam Spin	Yoga	U-Jam Pilates Spin	Yoga	High Fitness Pilates	Yoga Youth Fitness Training
11:00 AM	Silver Sneakers Classic Kids Dance Fitness	Zumba Gold	Silver Sneakers Classic Zumba Kids	Zumba Gold	Silver Sneakers Classic	
12:00 PM						Family Fitness
4:30 PM		Youth Fitness Training		Youth Fitness Training		
5:00 PM		Pumped Up Strength		Strength Training		
6:00 PM	High Low Barre	Zumba Prenatal Fitness Spin	Step Fitness Barre	Zumba Prenatal Fitness Spin	Zumba	
7:00 PM	Zumba Surge Strength Spin	Yoga TRX Circuit Kickboxing	Zumba HIIT Spin	Yoga Surge Strength Kickboxing		
8:00 PM	U-Jam Power Yoga	High Fitness Barre	U-Jam Power Yoga	High Fitness Barre		

LEGEND: Large Studio Small Studio Spin Studio Multipurpose Room Downstairs Studios Fitness Floor