



# FALL CLASS SCHEDULE

## STARTING AUGUST 15, 2022

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