



| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|-------------------------------|--------------------|----------------------------------|----------------------|------------------------|---------------------------|--------------------|
| | 7AM CYCLE 60 | | 7AM CYCLE 60 | | | |
| 8:45 POWER AQUA | | 8:45 POWER AQUA | | 8:45 POWER AQUA | | 8:30 YOGA |
| | 9:00 AQUA BOOTCAMP | | 9:00 CIRCUIT AQUA | | 9:00 AQUA | |
| 9:15 RIDE 60 | | 9:15 RIDE 60 | | 9:15 HARD ROCK RIDE 60 | 9:00 CYCLE 60/90 | 9:00 CYCLE 60/90 |
| 9:30 CARDIO JUNKIES | 9:30 BALL | 9:30 INTERVAL CHALLENGE | 9:30 CYCLE/YOGA | | 9:30 POWER HOUR | 9:30 MAXMIX 7F |
| 9:30 AQUA | | 9:30 AQUA | | 9:30 AQUA | 10:30 CORE 30 | ALTERNATES WEEKLY! |
| 10:30 STRETCH AND FLEX | 10:30 POWER YOGA 1 | 10:30 STRETCH AND FLEX | | 10:00 ZUMBA FITNESS | 11:00 STEP BASIC/STEP PRO | |
| | | | | 10:30 POWER YOGA 2 | | |
| 12:15 STEP 45 | 12:15 CYCLE 45 | 12:15 GYMSTICK™ GYMSTICK CIRCUIT | 12:15 ZUMBA FITNESS | 12:15 CYCLE 45 | | |
| 4:30 ATHLETIC CONDITIONING 60 | | 4:45 ATHLETIC CONDITIONING 45 | | | | |
| | 5:00 STEP MANIA | | 5:00 STEP 2 STRENGTH | | | |
| | | 5:30 CARDIO LIMIT | | | | |
| 5:30 AQUA | | 5:30 AQUA | | 5:30 AQUA | | |
| 5:30 CYCLE 60 | | | | | | |
| | 6:00 BOSU BOOTCAMP | | | | | |
| 6:15 ZUMBA FITNESS | 6:15 RIDE 60 | 6:30 YOGA FUSION | | | | |
| | | | 6:45 CYCLE 75 | | | |
| 7:15 SUNSET PILATES | | | 7:15 OPEN YOGA | | | |

WEEKEND CYCLE SCHEDULE

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| <u>SATURDAYS</u> | <u>SUNDAYS</u> |
| LONG RIDES | BEGIN TO CYCLE |
| Sept 12th, 26th | Oct 4th, 11th, 18th |
| Oct 10th, 24th | LONG RIDES |
| Nov 7th, 21st | Nov 1st, 15th, 29th |
| Dec 5th, 19th | Dec 13th |

SCHEDULE FOR NOV 16TH - DEC 20TH

FOR MORE INFO ON GROUP FITNESS CONTACT CAROL OR LEIGH IN THE FITNESS DEPARTMENT

A MINIMUM NUMBER OF 10 PARTICIPANTS IS REQUIRED FOR A CLASS TO REMAIN ON THE SCHEDULE