

Fitness Classes

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
6:00 AM	BODYPUMP 6:00 - 6:45 AM <i>Peggy</i> Mind & Body Studio		BODYPUMP 6:00 - 6:45 AM <i>Peggy</i> Mind & Body Studio	<p>Effective Sept 1st Schedule subject to change</p> <p>* Please register online due to space/equipment limitations (allows us to communicate with you also!)</p> <p>* To allow members on waitlist to take class, please cancel if you are unable to attend</p>				
	7:00 AM	Cycle HIIT 7:15 - 7:45 AM <i>Peggy</i> Cycle Studio						SPRINT 7:15 - 7:45 AM <i>Kimi</i> Cycle Studio
8:00AM	RPM 8:00 - 8:45 AM <i>Terri</i> Cycle Studio	BODYPUMP 8:00 - 8:45 AM <i>Michelle</i> Mind & Body Studio	RPM 8:00 - 8:45 AM <i>Kimi</i> Cycle Studio	BODYPUMP 8:00 - 8:45 AM <i>Tamara</i> Mind & Body Studio	RPM 8:00 - 8:45 AM <i>Terri</i> Cycle Studio	RPM 8:00 - 8:45 AM <i>Michelle</i> Cycle Studio		
	BELLY DANCE 8:00 - 8:45 AM <i>Stuti</i> Fitness Studio		BELLY DANCE 8:00 - 8:45 AM <i>Stuti</i> Fitness Studio					
9:00 AM	STAYFIT Fluidity 9:00 - 9:45 AM <i>Kaleo</i> Fitness Studio	STAYFIT Mat 9:00 - 9:45 AM <i>Susie</i> Fitness Studio	STAYFIT Cardio 9:00 - 9:45 AM <i>Michelle</i> Fitness Studio	STAYFIT Mat 9:00 - 9:45 AM <i>Susie</i> Fitness Studio	STAYFIT Energy 9:00 - 9:45 AM <i>Kimi</i> Fitness Studio	YOGA FLOW 9:00 - 9:45 AM <i>Peggy</i> Mind & Body Studio	BODYPUMP 9:00 - 9:45 AM <i>Terri / Tamara</i> Mind & Body Studio	
	HOT YOGA 9:00 - 10:15 AM <i>Jamie</i> Mind & Body Studio	BODYCOMBAT 9:00 - 9:45 AM <i>Tamara</i> Mind & Body Studio	VINYASA YOGA 9:00 - 10:15 AM <i>Dana</i> Mind & Body Studio	BODYCOMBAT 9:00 - 9:45 AM <i>Tamara</i> Mind & Body Studio	HOT YOGA 9:00 - 10:15 AM <i>Brook</i> Mind & Body Studio			
10:00 AM	Qi Gong 10:00 - 10:45 AM <i>Kaleo</i> Fitness Studio			Qi Gong 10:00 - 10:45 AM <i>Kaleo</i> Fitness Studio		BODYPUMP 10:00 - 10:45 AM <i>Peggy</i> Mind & Body Studio	RPM 10:00 - 10:45 AM <i>Terri / Michelle</i> Cycle Studio	
11:00 AM	MAT PILATES 11:00 - 11:45 AM <i>Terri</i> Mind & Body Studio	BARRE 11:00 - 11:45 AM <i>Terri</i> Mind & Body Studio	BALANCE/CORE/ STRENGTH 11:00 - 11:45 AM <i>Diana</i> Mind & Body Studio	BARRE 11:00 - 11:45 AM <i>Kimi</i> Mind & Body Studio	CORE-LATES 11:00 - 11:45 AM <i>Brook</i> Mind & Body Studio	BODYCOMBAT 11:00 - 11:45 AM <i>Tamara</i> Mind & Body Studio	VINYASA YOGA 11:00 AM - 12:15 PM <i>Brook</i> Mind & Body Studio	
						BODYBALANCE 11:00 - 11:45 AM <i>Peggy</i> Fitness Studio		
12:00 PM	BODYPUMP 12:00 - 12:45 PM <i>April</i> Mind & Body Studio	HATHA YOGA 12:00 - 1:15 PM <i>Susie</i> Mind & Body Studio	BODYPUMP 12:00 - 12:45 PM <i>Terri</i> Mind & Body Studio	HATHA YOGA 12:00 - 1:15 PM <i>Susie</i> Mind & Body Studio	SPRINT 12:00 - 12:30 PM <i>Tamara</i> Cycle Studio			
4:00 PM / 5:00 PM	STRENGTH & CONDITIONING 5:00 - 5:45 PM <i>Casey</i> Mind & Body Deck					HOT YOGA 4:00 - 5:15 PM <i>Brook</i> Mind & Body Studio		
5:30 PM		BODYPUMP 5:30 - 6:15 PM <i>Terri</i> Mind & Body Studio		BODYPUMP 5:30 - 6:15 PM <i>Elizabeth</i> Mind & Body Studio	<p>September Events: Register via Member Portal</p> <p>Mon 9/4: Modified Group Fit schedule</p> <p>Sun 9/10: 10am-2pm Red Cross Adult/Pediatric CPR/AED/ First Aid Certification</p> <p>Wed 9/13 5:30pm Hypnotherapy Intensive: Positive Body Image \$60.00</p>			
6:00 PM	HOT YOGA 6:00 - 7:15 PM <i>Brook</i> Mind & Body Studio		HOT YOGA 6:00 - 7:15 PM <i>Jamie</i> Mind & Body Studio	BODYCOMBAT 9:00 - 9:45 AM <i>Elizabeth</i> Mind & Body Studio				
6:30 PM		RPM 30 6:30 - 7:00 PM <i>Terri</i> Cycle Studio						
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
Pool	AQUA 10:00 - 10:45 AM <i>Freddie</i> Pool	AQUA 10:00 - 10:45 AM <i>Michelle</i> Pool	AQUA 10:00 - 10:45 AM <i>Freddie</i> Pool		AQUA 10:00 - 10:45 AM <i>Freddie</i> Pool	AQUA 10:00 - 10:45 AM <i>Sabrina</i> Pool		



Cycle Room Schedule

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 AM	Virtual RPM 6:00 - 6:50 AM	Virtual SPRINT 6:00 - 6:30 AM	Virtual RPM 6:00 - 6:50 AM	Virtual THE TRIP 6:00 - 6:30 AM	Virtual RPM 6:00 - 6:50 AM		
7:00 AM	HIIT CYCLE Live 7:15 - 7:45 AM Peggy	Virtual RPM 7:00 - 7:50 AM	SPRINT Live 7:15 - 7:45 AM Kimi	Virtual RPM 7:00 - 7:50 AM	Virtual SPRINT 7:00 - 7:30 AM		
8:00AM	RPM Live 8:00 - 8:45 AM Terri	Virtual SPRINT 8:00 - 8:30 AM	RPM Live 8:00 - 8:45 AM Kimi	Virtual SPRINT 8:00 - 8:30 AM	RPM Live 8:00 - 8:45 AM Terri	RPM Live 8:00 - 8:45 AM Michelle	Virtual THE TRIP 8:00 - 8:50 AM
9:00 AM	Virtual SPRINT 9:00 - 9:30 AM	Virtual THE TRIP 9:00 - 9:50 AM	Virtual SPRINT 9:00 - 9:30 AM	Virtual THE TRIP 9:00 - 9:50 AM	Virtual SPRINT 9:00 - 9:30 AM	Virtual RPM 9:00 - 9:50 AM	Virtual SPRINT 9:00 - 9:30 AM
10:00 AM	Virtual RPM 10:00 - 10:50 AM	Virtual SPRINT 10:00 - 10:30 AM	Virtual RPM 10:00 - 10:50 AM	Virtual SPRINT 10:00 - 10:30 AM	Virtual RPM 10:00 - 10:50 AM	Virtual SPRINT 10:00 - 10:30 AM	RPM Live 10:00 - 10:45 AM Terri / Michelle
11:00 AM	Virtual SPRINT 11:00 - 11:30 AM	Virtual RPM 11:00 - 11:50 AM	Virtual THE TRIP 11:00 - 11:30 AM	Virtual RPM 11:00 - 11:50 AM	Virtual SPRINT 11:00 - 11:30 AM	Virtual RPM 11:00 - 11:50 AM	Virtual SPRINT 11:00 - 11:30 AM
12:00 PM	Virtual THE TRIP 12:00 - 12:50 PM	Virtual SPRINT 12:00 - 12:30 PM	Virtual RPM 12:00 - 12:50 PM	Virtual THE TRIP 12:00 - 12:30 PM	SPRINT Live 12:00 - 12:30 PM Tamara	Virtual SPRINT 12:00 - 12:30 PM	Virtual THE TRIP 12:00 - 12:50 PM
1:00 PM	Virtual SPRINT 1:00 - 1:30 PM	Virtual RPM 1:00 - 1:50 PM	Virtual SPRINT 1:00 - 1:30 PM	Virtual RPM 1:00 - 1:50 PM	Virtual RPM 1:00 - 1:50 PM	Virtual THE TRIP 1:00 - 1:50 PM	Virtual SPRINT 1:00 - 1:30 PM
2:00 PM	Virtual RPM 2:00 - 2:50 PM	Virtual SPRINT 2:00 - 2:30 PM	Virtual THE TRIP 2:00 - 2:50 PM	Virtual SPRINT 2:00 - 2:30 PM	Virtual THE TRIP 2:00 - 2:30 PM	Virtual SPRINT 2:00 - 2:30 PM	Virtual RPM 2:00 - 2:50 PM
3:00 PM	Virtual SPRINT 3:00 - 3:30 PM	Virtual RPM 3:00 - 3:50 PM	Virtual SPRINT 3:00 - 3:30 PM	Virtual RPM 3:00 - 3:50 PM	Virtual RPM 3:00 - 3:50 PM	Virtual RPM 3:00 - 3:50 PM	Virtual SPRINT 3:00 - 3:30 PM
4:00 PM	Virtual RPM 4:00 - 4:50 PM	Virtual THE TRIP 4:00 - 4:30 PM	Virtual RPM 4:00 - 4:50 PM	Virtual SPRINT 4:00 - 4:30 PM	Virtual RPM 4:00 - 4:50 PM	Virtual SPRINT 4:00 - 4:30 PM	Virtual RPM 4:00 - 4:50 PM
5:00 PM	Virtual SPRINT 5:00 - 5:30 PM	Virtual RPM 5:00 - 5:50 PM		Virtual RPM 5:00 - 5:50 PM	Virtual THE TRIP 5:00 - 5:30 PM	Virtual RPM 5:00 - 5:50 PM	Virtual THE TRIP 5:00 - 5:30 PM
6:00 PM	Virtual RPM 6:00 - 6:50 PM	RPM30 Live 6:30 - 7:00 PM Terri	Virtual THE TRIP 6:00 - 6:50 PM	Virtual SPRINT 6:00 - 6:30 PM	Virtual RPM 6:00 - 6:50 PM	Virtual THE TRIP 6:00 - 6:30 PM	Virtual RPM 6:00 - 6:50 PM

Virtual and Live Cycle Classes

* Due to noise (Refuge and tennis disturbance), door and windows must remain closed from 10:00am - 10:00pm

* Please shake off excess dirt off of shoes outside of the room before using the bike

* Please wipe down your bike with the wet wipe after use



THE PILATES STUDIO SEPTEMBER SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:00 AM - 12:00 PM	GROUP REFORMER 7:00 - 7:50 AM <i>Kimi</i>					GROUP CLASS PRICING CVAC Member / Non-Member 1 Session - \$35 / \$40 6 Sessions – \$174 / \$198 12 Sessions – \$312 / \$372 24 Sessions – \$576 / \$696 Contact Kimi Hori, Fitness Director: KIMI@CVAClife.com	
	CARDIO MIX 8:00 - 8:50 AM <i>Kimi</i>	GROUP REFORMER 8:30 - 9:20 AM <i>Kimi</i>		GROUP REFORMER 8:30 - 9:20 AM <i>Meg</i>			
		GROUP REFORMER 9:30 - 10:20 AM <i>Kimi</i>		GROUP REFORMER 9:30 - 10:20 AM <i>Meg</i>			
		GROUP REFORMER 11:30 AM - 12:20 PM <i>Kimi</i>			GROUP REFORMER 11:00 - 11:50 AM <i>Kimi</i>		
12:00 PM - 8:00 PM	RESTORE & RESET 12:00 PM - 12:50 PM <i>Kimi</i>		CARDIO MIX 12:00 PM - 12:50 PM <i>Kimi</i>			Group Reformer: Mixed level. Use of the Reformer, Tower, Combo Chair, Jumpboard, and Arc Barrel Restore and Reset: Mixed level. Focus on gentle exercises, deep stretches, fascia release, and mobility Cardio Mix: Blend of Reformer, Floor, Jumpboard to increase the heart rate (Previous reformer experience required)	
	GROUP REFORMER 4:30 - 5:20 PM <i>Kimi</i>			RESTORE & RESET 4:30 - 5:20 PM <i>Meg</i>	GROUP REFORMER 4:30 - 5:20 PM <i>Kimi</i>		
				GROUP REFORMER 5:30 - 6:20 PM <i>Meg</i>			
	GROUP REFORMER 6:30 - 7:20 PM <i>Kimi</i>						

For Pilates Reformer information, please contact
Kimi Hori, Fitness Director, at Kimi@CVAClife.com