

Fitness Classes

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
6:00 AM	<b>BODYPUMP</b> 6:00 - 6:45 AM <i>Peggy</i> Mind & Body Studio		<b>BODYPUMP</b> 6:00 - 6:45 AM <i>Peggy</i> Mind & Body Studio	Effective November 18th <b>THANK YOU FOR YOUR PATIENCE!</b>  * Please register online due to space/equipment limitations (allows us to communicate with you also!)  * To allow members on waitlist to take class, please cancel if unable to attend				
	7:00 AM	<b>Cycle HIIT</b> 7:15 - 7:45 AM <i>Peggy</i> Cycle Studio						<b>SPRINT</b> 7:15 - 7:45 AM <i>Kimi</i> Cycle Studio
8:00AM	<b>RPM</b> 8:00 - 8:45 AM <i>Terri</i> Cycle Studio	<b>BODYPUMP</b> 8:00 - 8:45 AM <i>Tamara</i> Mind & Body Studio	<b>RPM</b> 8:00 - 8:45 AM <i>Michelle</i> Cycle Studio	<b>BODYPUMP</b> 8:00 - 8:45 AM <i>Tamara</i> Mind & Body Studio	<b>RPM</b> 8:00 - 8:45 AM <i>Terri</i> Cycle Studio	<b>RPM</b> 8:00 - 8:45 AM <i>Michelle</i> Cycle Studio		
	<b>BELLY DANCE</b> 8:00 - 8:45 AM <i>Stuti</i> Fitness Studio		<b>BELLY DANCE</b> 8:00 - 8:45 AM <i>Stuti</i> Fitness Studio					
9:00 AM	<b>STAYFIT Fluidity</b> 9:00 - 9:45 AM <i>Kaleo</i> Fitness Studio	<b>STAYFIT Mat</b> 9:00 - 9:45 AM <i>Susie</i> Fitness Studio	<b>STAYFIT Cardio</b> 9:00 - 9:45 AM <i>Kimi</i> Fitness Studio	<b>STAYFIT Mat</b> 9:00 - 9:45 AM <i>Susie</i> Fitness Studio	<b>STAYFIT Energy</b> 9:00 - 9:45 AM <i>Kimi</i> Fitness Studio	<b>YOGA FLOW</b> 9:00 - 9:45 AM <i>Peggy</i> Mind & Body Studio	<b>BODYPUMP</b> 9:00 - 9:45 AM <i>Terri / Tamara</i> Mind & Body Studio	
	<b>HOT YOGA</b> 9:00 - 10:15 AM <i>Jamie</i> Mind & Body Studio	<b>BODYCOMBAT</b> 9:00 - 9:45 AM <i>Tamara</i> Mind & Body Studio	<b>VINYASA YOGA</b> 9:00 - 10:15 AM <i>Dana</i> Mind & Body Studio	<b>BODYCOMBAT</b> 9:00 - 9:45 AM <i>Tamara</i> Mind & Body Studio	<b>HOT YOGA</b> 9:00 - 10:15 AM <i>Brook</i> Mind & Body Studio			
10:00 AM	<b>Qi Gong</b> 10:00 - 10:45 AM <i>Kaleo</i> Fitness Studio			<b>Qi Gong</b> 10:00 - 10:45 AM <i>Kaleo</i> Fitness Studio		<b>BODYPUMP</b> 10:00 - 10:45 AM <i>Peggy</i> Mind & Body Studio	<b>RPM</b> 10:00 - 10:45 AM <i>Terri / Michelle</i> Cycle Studio	
11:00 AM	<b>MAT PILATES</b> 11:00 - 11:45 AM <i>Terri</i> Mind & Body Studio	<b>BARRE</b> 11:00 - 11:45 AM <i>Terri</i> Mind & Body Studio	<b>BALANCE/CORE/ STRENGTH</b> 11:00 - 11:45 AM <i>Diana</i> Mind & Body Studio	<b>BARRE</b> 11:00 - 11:45 AM <i>Kimi</i> Mind & Body Studio	<b>CORE-LATES</b> 11:00 - 11:45 AM <i>Brook</i> Mind & Body Studio	<b>BODYCOMBAT</b> 11:00 - 11:45 AM <i>Tamara</i> Mind & Body Studio	<b>YIN FLOW YOGA</b> 11:00 AM - 12:15 PM <i>Brook</i> Mind & Body Studio	
						<b>BODYBALANCE</b> 11:00 - 11:45 AM <i>Peggy</i> Fitness Studio		
12:00 PM	<b>BODYPUMP</b> 12:00 - 12:45 PM <i>Tamara</i> Mind & Body Studio	<b>HATHA YOGA</b> 12:00 - 1:15 PM <i>Susie</i> Mind & Body Studio	<b>BODYPUMP</b> 12:00 - 12:45 PM <i>Terri</i> Mind & Body Studio	<b>HATHA YOGA</b> 12:00 - 1:15 PM <i>Susie</i> Mind & Body Studio	<b>SPRINT</b> 12:00 - 12:30 PM <i>Tamara</i> Cycle Studio			
4:00 PM / 5:00 PM	<b>STRENGTH &amp; CONDITIONING</b> 5:00 - 5:45 PM <i>Casey</i> Mind & Body Deck					<b>HOT YOGA</b> 4:00 - 5:15 PM <i>Brook</i> Mind & Body Studio		
5:30 PM		<b>BODYPUMP</b> 5:30 - 6:15 PM <i>Terri</i> Mind & Body Studio		<b>BODYPUMP</b> 5:30 - 6:15 PM <i>Elizabeth</i> Mind & Body Studio	<b>November Events:</b> <b>Register via Member Portal</b>  Thurs 11/23 Turkey Trot @ Quail Meadows / South Bank Trail - Register on Active.com <b>NO GROUP EX CLASSES ON THANKSGIVING</b>			
6:00 PM	<b>HOT YOGA</b> 6:00 - 7:15 PM <i>Brook</i> Mind & Body Studio		<b>HOT YOGA</b> 6:00 - 7:15 PM <i>Jamie</i> Mind & Body Studio					
6:30 PM		<b>RPM 30</b> 6:30 - 7:00 PM <i>Terri</i> Cycle Studio	<b>BODYCOMBAT</b> 6:30 - 7:15 PM <i>Elizabeth</i> Mind & Body Studio					
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
Pool	<b>AQUA</b> 10:00 - 10:45 AM <i>Freddie</i> Pool	<b>AQUA</b> 10:00 - 10:45 AM <i>Michelle</i> Pool	<b>AQUA</b> 10:00 - 10:45 AM <i>Freddie</i> Pool		<b>AQUA</b> 10:00 - 10:45 AM <i>Freddie</i> Pool	<b>AQUA</b> 10:00 - 10:45 AM <i>Sabrina</i> Pool		