

# JUNE FITNESS CLASS SCHEDULE

**SCHEDULE SUBJECT TO CHANGE.** - Appointments are not necessary to attend fitness classes.

Kids Corner



Childcare Available: Monday-Sat AM: 08:00-12:00pm / Monday-Thursday PM: 4:00-7:00pm

| TIME:   | MONDAY                         | TUESDAY                           | WEDNESDAY                                   | THURSDAY                        | FRIDAY               | SATURDAY                 |
|---------|--------------------------------|-----------------------------------|---|---------------------------------|----------------------|--------------------------|
| 6:45am  |                                | Power Sculpt 45 mins<br>(Rebecca) | Cardio HIIT (Kim)<br>45 mins June/July only | BODYPUMP 45 mins<br>(Kirsten T) |                      |                          |
| 8:00am  |                                | BODYPUMP 45 mins<br>(Michelle S)  |   |                                 |                      | *Switch-Up class         |
| 8:15am  | Cycling (Cynthia)              |                                   | Cycling (Jannah)                            |                                 | Cycling (Cynthia)    | Cycling (Variety)        |
| 9:00am  | Pickleball Open Play<br>9-11am |                                   | Pickleball Workshop (Joe<br>& Lisa)         |                                 |                      | Pickleball Workshop (Al) |
| 9:00am  | BODYPUMP<br>(Kirsten T)        | SOULfusion (Allison)              | Power Sculpt (Jennifer)                     | Piyo (Allison)                  | Zumba (Jin)          | *Switch-Up class         |
| 9:00am  |                                | Cycling/9:45 AbLab<br>(Mary)      |   | Cycling/9:45 AbLab<br>(Mary)    |                      |                          |
| 10:00am |                                | Pickleball Open Play<br>10am-12   |   | Pickleball Open Play<br>10am-12 |                      |                          |
| 10:00am | BarreFusion (Ciera)            | Mat Pilates (Bobbie)              |   | Cardio Fit (Jennifer)           | Mat Pilates (Bobbie) |                          |
| 10:30am |                                |                                   | Yoga (Ester)                                |                                 |                      | Yoga (Variety)           |
| 11:00am | Yoga (Ester)                   | Strength & Balance<br>(Sally)     |   | Strength & Balance<br>(Sally)   | Yoga (Ester)         |                          |
| 12:00pm |                                |                                   |   | Mindful Movement<br>(Andreea)   |                      |                          |
| 4:30pm  | Zumba (Donna)                  | Zumba (Irene)                     | SOULstrength (Allison)                      | *Zumba (Kristin)                |                      |                          |
| 5:00pm  |                                |                                   |   | Pickleball Workshop (Al)        |                      |                          |
| 5:30pm  | Power Sculpt (Kim)             | BODYPUMP (Jen)                    | Zumba (Lindsay)                             | *BODYPUMP (Jannah)              |                      |                          |
| 5:30pm  | Cycling (Jannah)               |                                   | Cycling (Gina)                              |                                 |                      |                          |
| 6:30pm  | Body Combat (Karin)            |                                   |   |                                 |                      |                          |
| 6:45pm  |                                | Yoga (Nicole)                     | Yoga (Ester)                                | Yoga (Nicole)                   |                      |                          |

\*SWITCH-UP CLASS-This class rotates instructors & formats each week.