

Sun

Fitness 450 with Chris N.
Fitness 450 Studio 8:15–9:05 AM

450 Cycle with Susan
Cycling Studio 9–9:45 AM

YogaBall with Stephanie H.
Mind Body Studio 9–10:00 AM

Functional Fitness with Chris N.
Aerobics Studio 9:15–10:00 AM

Fitness 450 with Christine
Fitness 450 Studio 9:15–10:05 AM

Vinyasa YOGA with Stephanie H.
Mind Body Studio 10:10–11:10 AM

Athletic Pilates with Theresa
Aerobics Studio 10:15–11:00 AM

Rowfit with Chris N.
Rowing Studio 10:15–11:00 AM

Mon

Fitness 450 with Chris N.
Fitness 450 Studio 8–8:50 AM

Circuit Training with Sarah
Aerobics Studio 9–9:45 AM

Vinyasa YOGA with Terry
Mind Body Studio 9–10:00 AM

450 Cycle with Lauren
Cycling Studio 10:10–10:55 AM

Barre None with Theresa
Aerobics Studio 10:10–10:55 AM

Active Balance and Strength Circuit with Sarah
Mind Body Studio 10:15–11:00 AM

Active Seated Circuit with Lisa
Aerobics Studio 11:10–11:55 AM

Body Conditioning with Christine
Aerobics Studio 5:30–6:15 PM

Yoga with Stephanie H.
Mind Body Studio 5:30–6:30 PM

Tue

Circuit Training with Lisa
Aerobics Studio 6:30–7:15 AM

Motion and Mobility with Christine
Aerobics Studio 9–9:45 AM

Rowfit with Chris N.
Rowing Studio 9–9:45 AM

450 Cycle with Susan
Cycling Studio 10–10:45 AM

Active Cardio Fusion with Diva
Mind Body Studio 10–10:45 AM

Dynamic Boxing with Chris S.
TRX Studio 10–10:45 AM

Mat Pilates with Alisa
Aerobics Studio 10–10:45 AM

Zumba with Jen
Aerobics Studio 11–11:45 AM

Fitness 450 with Lisa
Fitness 450 Studio 4:45–5:35 PM

Wed

Fitness 450 with Christine
Fitness 450 Studio 8–8:50 AM

Body Conditioning with Stephanie R.
Aerobics Studio 9–9:45 AM

450 Cycle with Christine
Cycling Studio 9–9:45 AM

Cardio Ball + Agility with Diva
Mind Body Studio 9–9:45 AM

Strength Circuit with Christine
Aerobics Studio 10–10:45 AM

Yoga/Flexibility with Terry
Mind Body Studio 10–11:00 AM

Active Seated Yoga with Donna
Aerobics Studio 11–11:45 AM

Tai Chi Plus with Barrie
Mind Body Studio 11:15–12:15 PM

450 Cycle with Susan
Cycling Studio 5:30–6:15 PM

Body Conditioning with Liz
Aerobics Studio 5:30–6:15 PM

Thu

Barre Balance with Diva
Mind Body Studio 8:15–9:00 AM

Body Conditioning with Sarah
Aerobics Studio 9–9:45 AM

Dynamic Boxing with Chris S.
TRX Studio 9:30–10:15 AM

Functional Fitness with Chris N.
Aerobics Studio 10–10:45 AM

Restorative Pilates with Alisa
Mind Body Studio 10:30–11:15 AM

Zumba with Leony
Aerobics Studio 11–11:45 AM

450 Cycle with Kathy
Cycling Studio 5:30–6:15 PM

Fitness 450 with Chris N.
Fitness 450 Studio 6–6:50 PM

Fri

Cycle Bootcamp with Lisa
Aerobics Studio 6:30–7:15 AM

Fitness 450 with Chris S.
Fitness 450 Studio 8–8:50 PM

Low Intensity Interval Training with Liz
Aerobics Studio 9–9:45 AM

Barre Camp with Theresa
Barre Studio 9:15–10:00 AM

Strength Circuit with Liz
Aerobics Studio 10–10:45 AM

450 Cycle with Lynn
Cycling Studio 10:15–11:00 AM

Mat Pilates with Theresa
Mind Body Studio 10:15–11:00 AM

Active Chair Zumba GOLD with Theresa
Aerobics Studio 11–11:45 AM

Zumba with Jen
Aerobics Studio 12–12:45 PM

Sat

Fitness 450 with Kathy
Fitness 450 Studio 8–8:50 AM

450 Cycle with Lynn
Cycling Studio 9–9:45 AM

HIIT Cardio and Strength with Christine
Aerobics Studio 9–9:45 AM

Fitness 450 with Kathy
Fitness 450 Studio 9–9:50 AM

Restorative Yoga with Stephanie H.
Mind Body Studio 9–10:00 AM

Yoga with Stephanie H.
Mind Body Studio 10:10–11:10 AM

Zumba with Iris
Aerobics Studio 11–11:45 AM