



Club Hours

Mon-Fri 5:00am - 10:00pm
Sat-Sun 7:00am - 8:00pm
HealthSPORT.com

Kids Korner Hours

Mon-Sat: 8:30am-12:00pm
Mon & Wed: 4:30-6:30pm
No Tues/Thurs Evening Hours

MONDAY

Cycling	5:30-6:20am	Pam
Strength & Cond.	8:30-9:20am	Autumn
Silver Sneakers	10:30-11:20am	Casse
MetCon	12:00-12:50pm	Tami
C3 (\$)	4:30-5:20pm	Megan
Cycling	5:30-6:20pm	Julie
Strength & Cond.	6:30-7:20pm	Julie

TUESDAY

BOSU	4:30-5:20pm	Megan
Step Aerobics	5:30-6:20pm	Jenny
RESERVED	6:30-8:30pm	PT Prep

WEDNESDAY

Cycling	5:30-6:20am	Pam
MetCon	8:30-9:20am	Tami
Cycling	12:00-12:50pm	Travis
C3 (\$)	4:30-5:20pm	Megan
Cycle Strength	5:30-6:20pm	Barbara
Strength & Cond.	6:30-7:20pm	Julie

THURSDAY

BOSU	4:30-5:20pm	Megan
Step Aerobics	5:30-6:20pm	Jenny
RESERVED	6:30-8:30pm	PT Prep

FRIDAY

Cycling	5:30-6:20am	Pam
Strength & Cond.	8:30-9:20am	Autumn
Silver Sneakers	10:30-11:20am	Casse
MetCon	12:00-12:50pm	Tami

SATURDAY

Cycle Strength	9:00-9:50am	Barbara
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SUNDAY

Step Aerobics	9:30-10:20am	Jenny
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MONDAY

Hatha Yoga	9:30-11:00am	Francis
Pilates Mat	4:30-5:20pm	Ginger
TABATA BOOTCAMP™ (\$)	5:30-6:20pm	Ashley

TUESDAY

Pilates Mat	8:30-9:20am	Denise
ZUMBA	9:30-10:20am	Casse
Vinyasa Flow	10:30-11:50am	Christine
Power Flow	5:30-6:30pm	Ali

WEDNESDAY

Vinyasa Flow	9:30-10:45am	Jenni
ZUMBA gold	11:00-11:50am	Casse
Pilates Mat	4:30-5:20pm	Ginger
TABATA BOOTCAMP™ (\$)	5:30-6:20pm	Ashley

THURSDAY

Pilates Mat	8:30-9:20am	Denise
ZUMBA	9:30-10:20am	Casse
Vinyasa Flow	10:30-11:50am	Christine
Power Flow	5:30-6:30pm	Ali

FRIDAY

Hatha Yoga	9:30-10:40am	Francis
Restorative Yoga	10:45-11:55am	Francis
ZUMBA gold	12:00-12:50pm	Casse

SATURDAY

Power Reformer Starts 3/28	9:00-9:50am	Ashley
Feel Good Yoga	10:00-11:15am	Abra

SUNDAY

Vinyasa Flow	9:00-10:15am	Stephanie
Gentle Yoga	10:30-11:45am	Stephanie