

2020 FITNESS CLASSES & PROGRAMS

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
C Y C L I N G			8:00 AM CYCLONE W/MONICA			8:00 AM CYCLONE W/MONICA	8:00 AM CYCLONE SPIN W/JOSE
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
M I N D & B O D Y	8:00 AM SCULPT & STRETCH W/TERRI	8:00 AM *BIC W/MONICA		5:30 PM YOGA W/CARIN	8:00 AM *BIC W/MONICA		9:00 AM YOGA W/CARIN
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
C A R D I O	9:30 AM AQUAFIT W/TERRI	5:30 HIIT W/CAROLYN	9:30 AM AQUAFIT W/TERRI 5:30 CARDIO KICKBOXING w/CAROLYN	9:00 MAT PILATES W/Carolyn	9:00 HIIT W/CAROLYN 9:30 AM AQUAFIT W/JOAN		

- BIC – Balance, Isometric & Core
- HIIT – High Intensity Interval Training