

2021 FITNESS CLASSES & PROGRAMS

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
C Y C L I N G	5:30pm SPIN CIRCUIT w/ CAROLYN		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 COREFIT W/MONICA	9:00 am VINYASA FLOW W JULIA	8 am MAT PILATES W/CAROLYN 5:30 PM YOGA W/CARIN	8:00 AM COREFIT W/MONICA		9:00 AM YOGA W/CARIN
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
C A R D I O	9:00 AM CARDIO CIRCUIT w/CAROLYN 9:30 AM AQUAFIT W/TERRI 7PM CRUNCH TIME w/ROBERT	6:30pm DANCE CORE W/JENN	9:30 AM AQUAFIT W/TERRI 5:30pm CARDIO INTERVAL w/CAROLYN0 7PM CRUNCH TIME w/ROBERT	9:00am DANCE CORE w/JENN 7PM CRUNCH TIME w/ROBERT	9:30 AM AQUAFIT W/JOAN	9:00 DANCE CORE W/JENN	

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