



STUDIO A (SA)

JULY 30 - AUGUST 26

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	7:00-7:45AM PILATES PLUS Polly		7:00-7:45AM MAT & MUSCLE Jenny		7:00-8:15AM VINYASA YOGA Sarah	
8:00-9:00AM BARRE Polly	8:00-9:00AM BARRE Polly	8:00-9:00AM PIYO Polly	8:00-9:00AM BARRE Tina	6:30 - 7:15AM CROSS CONDITIONING Jenn	8:30-9:30AM BARRE Sarah	
9:15-10:15AM VINYASA YOGA Polly	9:15-10:15AM ZUMBA Julie	9:15-10:15AM VINYASA YOGA Connie	9:15-9:45 AM AB LAB! Polly	8:00-9:00AM MAT & MUSCLE Jenny	9:45-10:45 PILATES Stacey	9:00-10:15AM VINYASA YOGA Sarah
10:30-11:30AM Gentle Pilates Polly	10:30-11:30AM Gentle Yoga Sarah	10:30-11:30AM YOGA BASICS Connie	10:30-11:45AM Gentle Yoga & Meditation Sue	9:15-10:15AM VINYASA YOGA Connie		
				10:30-11:30AM Gentle Yoga Connie	12:15-1:00PM TINY DANCERS	
					1:00 - 2:00PM BEGINNER JAZZ	
	4:35-5:20PM PILATES PLUS Mary Ellen	4:30-5:15PM PRE-BALLET	4:15-5:15PM PILATES PLUS Stacey	4:15-5:00PM PRE-BALLET	2:00 - 3:00PM BEGINNER TAP	
5:30-6:30PM BODY SCULPT Sarah	5:30-6:30PM CORE & MORE Stacey	5:15-6:15PM VINYASA YOGA Sheri	5:30-6:15PM YOGA CORE AND MORE Sarah	5:00-6:00PM BEGINNER BALLET		
	7:15-8:15PM HIP HOP	6:30-7:30PM ZUMBA Julie		4:30-5:15PM PRE-BALLET		
						7/27/2018
			LOWER INTENSITY	MODERATE INTENSITY	HIGH INTENSITY	

*REFER TO CLASS DESCRIPTION BETWEEN STUDIOS FOR MORE DETAILS ON CLASSES

SCHEDULE IS SUBJECT TO CHANGE



STUDIO B (SB)

JULY 30 - AUGUST 26

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30-6:15AM STRENGTH TRAINING Mary Ellen		5:30-6:15AM ANYTHING GOES Emily	5:30-6:15AM BOOTCAMP Jenny			
7:00-7:45AM STRETCH & GO Gerry	7:00-7:45AM TRX Kathleen	7:00-7:45AM STRETCH & GO Gerry	7:00-7:45 AM TRX Kathleen	7:00-7:45AM STRETCH & GO Gerry		
7:45-8:30AM ZUMBA Gerry	8:15-9:00AM ANYTHING GOES Diane/Tara	8:00-8:30AM AB/CORE Kathleen	8:15-9:00AM BUTTS & GUTS Trish	7:50-8:30AM ZUMBA Gerry	8:30-9:30AM STEP & SCULPT Audrey	8:30-9:30AM CARDIO SCULPT Jenny
9:15-10:00AM POUND Nichole	9:15-10:15AM Boot Camp Trish	8:45-9:45AM ZUMBA Donna	9:15-10:15AM KICKBOXING Annalisa	9:00-10:15AM ZUMBA Tina	9:45-10:45AM ZUMBA Tina/Julie	9:45-10:45AM ZUMBA Julie
10:30-11:30AM ZUMBA Tina	10:30-11:30AM Silver Sneakers II Polly	10:30-11:30AM CLUB VIBE Tina	10:30-11:30AM Silver Sneakers II Jenn	10:30-11:30AM PUNCHING FOR PARKINSON'S	11:15AM-12:00PM MOVING & GROOVING	
	4:00-4:30 PM TRX EXPRESS MaryEllen					
4:15-5:15PM TRX STRENGTH Martha	GYMNASTICS DANCE PRACTICE 4:30 - 5:15PM	3:00-3:50 PM KIDS BOOT CAMP		4:00-5:00PM BEGINNER JAZZ		
5:30-6:15PM CARDIO KICKBOXING Jenny	5:30-6:30PM STEP & SCULPT Audrey	5:30-6:30PM MID-TEMPO CARDIO Jenny	5:30-6:15PM Ultimate Conditiong Donna	5:45 - 6:25PM X-Conditioning Jenn		
6:30 - 8:00 PM SALSA & SWING		6:30-7:30PM STRENGTH TRAINING Jenny	6:30-7:30PM BOOT CAMP Jenny	6:35-7:35PM Family Taekwondo Andrew		
						7/27/2018
			LOWER INTENSITY	MODERATE INTENSITY	HIGH INTENSITY	

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