

GFX STUDIO

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:45AM		LES MILLS BODYPUMP LEE	LES MILLS PILATES LESLIE	LES MILLS BODYPUMP VIRTUAL	LES MILLS BODYFLOW LEE	
8AM		LES MILLS CORE SANDY		CORE SHERRY		
8:30AM	LES MILLS BODYPUMP 8:45 SANDY	ZUMBA 8:30 BONNIE	LES MILLS BODYPUMP 8:45 SANDY	LES MILLS BODYCOMBAT 8:30 BONNIE	LES MILLS BODYPUMP 8:45 SANDY	
9:15AM	PILATES 9:50AM	ALL LEVELS YOGA 9:35 KIMBERLY	PILATES 9:50AM KIM D (45M)	BLENDED YOGA 9:35 PAM	PILATES 9:50AM JULIE (45M)	LES MILLS BODYPUMP 9:15AM LESLIE/LEE
9:35AM						
9:50AM						
10:15AM	SilverSneakers by Tivity Health	SilverSneakers by Tivity Health	SilverSneakers by Tivity Health	SilverSneakers by Tivity Health	CHAIR YOGA 10:45 BONNIE	LES MILLS BODYFLOW 10:20AM LESLIE/LEE
10:45AM	YOGA 10:45 TERRI	10:45 SANDY	10:45 BONNIE	10:45 SHERRY	LINE DANCING 11:20 Bonnie	
11:20AM						
5PM	BUTTS AUDREA	CORE! MELANIE		LES MILLS BODYPUMP LEE		Club Jam MEG 11AM
5:35PM	Club Jam JEREMY	SHINE DANCE FITNESS™ MEG	LES MILLS CORE JOAN (30)			
6:20PM	GYM YOGA LAURIE	YOGA JUSTIN				

CYCLE STUDIO

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY
5:15AM			LES MILLS RPM MARK/PL		8:15 AM
8:15AM	LES MILLS RPM 30 9:50AM SANDY				LES MILLS RPM 8:15AM LEE
9:50AM					
5:30/5:45PM	LES MILLS RPM 5:30PM LESLIE	LES MILLS sprint 5:45PM JOAN	LES MILLS sprint 6:15PM JOAN	LES MILLS RPM 5:45PM LEE	
6:15PM					

Try Virtual Cycle classes any time there is not a live class!

BLUE ROOM

	MON	TUES	WED	THU	FRI	SAT
5 AM	FITCAMP TRAVIS/ STAFF	CARDIO BLAST GRAYSON	FITCAMP TRAVIS	CARDIO BLAST GRAYSON	FITCAMP TRAVIS	
9AM	Strength UPPER RHONDA	GRIT CARDIO LISA	Strength LOWER LINDSAY	CARDIO BLAST APRIL	Strength ARMS/CORE LINDSAY	FatBlast Total Body LINDSAY
12:10PM	FatBlast 45 UPPER LISA	Kettlebell Strength & Conditioning 45 KENDRA	FatBlast 45 LOWER RHONDA	CARDIO BLAST 45 STAFF	FatBlast 45 ARMS/CORE APRIL	Kettlebell Strength & Conditioning KENDRA 10am
5PM				CORE! AUDREA		
5:30PM	Strength UPPER LINDSAY	CARDIO BLAST AUDREA	Strength LOWER LINDSAY	CARDIO BLAST KELLI		

POOL CLASSES

	MON	TUE	WED	TH	FRI
9AM	AQUA TABATA SHERRY	H2O CARDIO SANDY	H2O CARDIO SHERRY	AQUA TABATA SHERRY	aqua ZUMBA BONNIE
10AM	ARTHRITIS SHERRY		ARTHRITIS SANDY		ARTHRITIS SANDY
6PM		AQUA TABATA 6PM SHERRY		AQUA BOXING 6PM SHERRY	

FEBRUARY 2025

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