



Group Fitness Main Room

Class Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00am	Chisel Shelley	Functional Weight & Cardio Training Jesse	Chisel Shelley	Functional Weight & Cardio Training Jesse		
8:15am	Senior Sneakers Katy	Mat Pilates Angie	Power Yoga Angie	Mat Pilates Angie	Power Yoga Angie	
9:30am	Zumba Melanie	Gentle Yoga Debbie	Zumba Melanie	Gentle Yoga Debbie	Yoga Katy	Senior Sneakers Anita
10:45am	Yoga Katy	Line Dance Beginner Jan	Strong Body Cardio Fit Jesse	New Year New You w/ Athletic Recovery Jesse	Senior-cise Katy	
12:00pm	New Year New You w/ Athletic Recovery Jesse	Zumba Melanie	Stretching & Mobility Jesse	Cardio Dance MaryAnn	Zumba Melanie	
1:15pm	Safe Start Jesse	Safe Start Melanie	Senior Strength Jesse	Senior-cise MaryAnn	Safe Start Melanie	
2:30pm			Line Dance Intermediate Jan			
3:30pm	Yoga Fitness Men Only Katy			Begin Again-Stregnth, Cardio & Stretch Katy		
4:00pm			Yoga Fit & Strength Katy			
5:00pm		Yoga Vinyasa Gentle Flow Angie	Yoga Vinyasa Gentle Flow 5:15pm Angie	Yoga Vinyasa Gentle Flow Angie		
6:15pm		Yoga Nidra Debbie				
SOCIAL MEMBER & GUEST PAYMENT OPTIONS						
\$100 per month		Punch Card: \$60			Drop In: \$15	
Punch Cards = 5 Classes and Expire After 90 Days						



Spinning Room



Class Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00am		Spinning Karen		Spinning George		
7:30am						Spinning Karen
9:00am						Spinning Sandi
5:00pm			Spinning Sandi			
6:00pm	Spinning George					
SOCIAL MEMBER & GUEST PAYMENT OPTIONS						
\$100 per month		Punch Card: \$60			Drop In: \$15	
Punch Cards = 5 Classes and Expire After 90 Days						



Water Aerobics



Class Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<u>8:00am</u>	Water Aerobics AT YACHT CLUB Melanie	Water Aerobics Country Club Pool Melanie	Water Aerobics Country Club Pool Melanie	Water Aerobics Country Club Pool Katy	Water Aerobics Country Club Pool Katy	Water Aerobics Country Club Pool Anita
Please bring your pool noodles and any other water equipment you'd like with you to class						
SOCIAL MEMBER & GUEST PAYMENT OPTIONS						
\$100 per month		Punch Card: \$60			Drop In: \$15	
Punch Cards = 5 Classes and Expire After 90 Days						