

Member Class Fees: \$7/month or \$20/4 months for Unlimited Classes on this page

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:00 - 9:00am	Walk-N-Talk	Walk-N-Talk	Walk-N-Talk	Walk-N-Talk	Walk-N-Talk	
5:15-6:05am	TRX Fit (Anj)		TRX Fit (Anj)		TRX Fit (Anj)	
5:30 - 6:20am	Body Blast (Natalie S) Cycles (CSC) (Janet M)		Body Blast (Natalie S) Cycles (CSC) (Janet M)		Body Blast (Natalie S)	
6:00 - 6:50am		Box Fusion (Natalie S)		Box Fusion (Natalie S)		
8:00 - 8:50am	Low Impact combo/Senior Body Toning (Kerri B/Marissa B)		Low-Impact Combo/ Senior Body Toning Kerri B/Marissa B		Low-Impact Combo Body Toning Kerri B/Marissa B	
9-9:30am						Strong to the Core (Beth I)
9:00 - 9:50am	Fusion Fit (Shaina A) Tai-chi Beginner (Jon W) Tai-Chi Intermediate (Kerri B)	Forever Strong(Heather)	Cycling (Shaina A) Tai-chi Beginner (Jon W) Tai-Chi Intermediate (Kerri B)	Forever Strong(Heather) Fusion Fit (Shaina A)	Kickboxing () Tai-chi Beginner (Jon W) Tai-Chi Intermediate (Kerri B)	
2:00-2:50pm		Yoga Stretch (Alisha K)		Yoga Stretch (Alisha K)		
3:30-4:20pm		TRX Express (Anj)		TRX Express (Anj)		
4:45 - 5:35pm	Combo Cardio (Stephannie P)		Combo Cardio (Marissa B)			
5:45 - 6:35 pm		Mindful Power Flow Yoga (Isa)	Mindful Power Flow Yoga (Isa)			
Last Updated 5.19.20						