

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>7:30am</b> <i>(45 min. unless indicated)</i>		■ <b>Yoga</b> (GX/60 min)		■ <b>Body Sculpt</b> (GA)	
<b>11:15am</b> <i>(45 min. unless indicated)</i>	<b>Step I.T.</b> (GA) <b>Yoga Flow</b> (GX/50 min)	<b>Interval Training</b> (GA) <b>Yoga Stretch</b> (GX/50 min)	<b>Body Sculpt</b> (GA) <b>Yoga Challenge</b> (GX/50 min) ■ <b>Row, Ride, Stride</b> (G cardio room)	■ <b>Inferno</b> (GA) <b>Pilates</b> (GX)	<b>Step &amp; Core</b> (GA)
<b>12:15pm</b> <i>(45 min. unless indicated)</i>	<b>Tai Chi</b> (GX/50 min) ■ <b>Aqua Kickboxing</b> (GN) ■ <b>Resistant Functional Conditioning</b> (G cardio room)	■ <b>Cardio Beat N' Tone</b> (GA) <b>Pilates</b> (GX) ■ <b>Crew</b> (G cardio room)	■ <b>Step-N-Box</b> (GA)	■ <b>Back to Basics</b> (GX/50 min)	<b>Yoga Flow</b> (GX/50 min) ■ <b>Row, Ride, Stride</b> (G cardio room)
<b>1:15pm</b> <i>(45 min. unless indicated)</i>	<b>Body Sculpt</b> (GA) <b>Yoga for Athletes</b> (GX/50 min)				
<b>4:30pm</b> <i>(45 min. unless indicated)</i>			■ <b>Resistant Functional Conditioning</b> (G cardio room)	<b>Body Sculpt</b> (GA)	
<b>5:15pm</b> <i>(75 min. unless indicated)</i>			<b>Yoga Flow</b> (GX/75 min)		
<b>5:30pm</b> <i>(60 min. unless indicated)</i>	<b>Cardio &amp; Strength</b> (GA)	■ <b>Aqua Circuits</b> (GN) ■ <b>Cycle</b> (G cardio room)	■ <b>Aqua Tabata</b> (GN)		



■ Class format rotates. ■ Class requires a participation number. A Health Check or Medical Evaluation is required prior to participation. Instructors may change without notice.

# JANUARY 2018