

Premium Group Fitness Classes (additional fees are required unless you have signed up for unlimited SPIN® & TRX)



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	SPIN® 6:15 - 7:00 am Leah		SPIN® 6:15 - 7:00 am Alicia	TRX 6:15 - 7:15 am Leah	SPIN® 6:15 - 7:00 am Anne Marie	TRX 8:00 - 9:00 am Alternating Instructors
SPIN® 8:00 - 9:00 am Alternating Instructors	TRX 9:30 - 10:30 am Carol				TRX 9:30 - 10:30 am Jennifer	SPIN® 8:30 - 9:25 am Larry
SPIN® 9:15 - 10:15 am Alternating Instructors	SPIN® 9:30 - 10:30 am Joyce	SPIN® 9:30 - 10:30 am Jennifer	SPIN® 9:30 - 10:30 am Liz	SPIN® 9:30 - 10:30 am Liz	SPIN® 9:30 - 10:30 am Larry	SPIN® 9:30 - 10:25 am Larry
	Yoga 9:30 - 10:30 am Melanie/Charter Oak 3	Yoga 8:00 - 9:00 am Melanie/Pine	Yoga 9:30 - 10:30 am Melanie/Charter Oak 3		Yoga 8:00 - 9:00 am Melanie/Charter Oak 3	Yoga 9:15 - 10:30 am Melanie/Charter Oak 3
	New! TRX Express 10:30 - 11:00 am Carol					
	SPIN® 5:30 - 6:30 pm Anne Marie		SPIN® 5:30 - 6:30 pm Eileen			
	TRX 6:00 - 7:00 pm Leah	SPIN® 6:30 - 7:30 pm Alicia		SPIN® 6:30 - 7:30 pm Leah		