

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

Fall Schedule



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	SPIN® 6:15 - 7:15 am Margaret	SPIN® 7:00 - 8:00 am Joyce	SPIN® 6:15 - 7:15 am Alicia	TRX 6:15 - 7:15 am Leah	SPIN® 6:15 - 7:15 am Anne Marie	
SPIN® 8:30 - 9:30 am Rotation: Alicia, Sally, Margaret & Eileen	SPIN® 9:30 - 10:30 am Liz	SPIN® 9:30 - 10:30 am Jennifer	SPIN® 9:30 - 10:30 am Leah		SPIN® 9:30 - 10:30 am Larry	SPIN® 8:30 - 9:30 am Larry
	TRX 9:30 - 10:30 am Jennifer			SPIN® 9:30 - 10:30 am Liz	TRX 9:30 - 10:30 am Jennifer	
	Yoga 9:30 - 10:30 am Melanie		Yoga 9:30 - 10:30 am Melanie			
	TRX Express 10:30 - 11:00 am Jennifer					Yoga 9:15 - 10:30 am Melanie
		SPIN® 6:30 - 7:30 pm Alicia	SPIN® 5:30 - 6:30 pm Eileen	SPIN® 6:30 - 7:30 pm Eileen		
	TRX 6:00 - 7:00 pm Margaret					