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



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	SPIN [®]		SPIN [®]	TRX	SPIN [®]	TRX
	6:15 - 7:00 am		6:15 - 7:00 am	6:15 - 7:15 am	6:15 - 7:00 am	8:00 - 9:00 am
	Leah		Alicia	Leah	Anne Marie	Alternating Instructors
SPIN [®]	TRX				TRX	SPIN [®]
8:00 - 9:00 am	9:30 - 10:30 am				9:30 - 10:30 am	8:30 - 9:25 am
Alternating	9.30 - 10.30 am				Jennifer	Larry
Instructors	Carol				Common	
SPIN [®]	SPIN®	SPIN [®]	SPIN [®]	SPIN [®]	SPIN [®]	SPIN [®]
9:15 - 10:15 am	9:30 - 10:30 am	9:30 - 10:30 am	9:30 - 10:30 am	9:30 - 10:30 am	9:30 - 10:30 am	9:30 - 10:25 am
Alternating	Joyce	Jennifer	Liz	Liz	Larry	Larry
Instructors						
	Yoga	Yoga	Yoga		Yoga	Yoga
	9:30 - 10:30 am	8:00 - 9:00 am	9:30 - 10:30 am		8:00 - 9:00 am	9:15 - 10:30 am
	Melanie/Charter Oak 3	Melanie/Pine	Melanie/Charter Oak 3		Melanie/Charter Oak 3	Melanie/Charter Oak
	New! TRX Express					
	10:30 - 11:00 am					
	Carol					
	SPIN [®]		SPIN [®]			
	5:30 - 6:30 pm		5:30 - 6:30 pm			
	Anne Marie		Eileen			
	TRX	SPIN [®]		SPIN [®]		
	6:00 - 7:00 pm	6:30 - 7:30 pm		6:30 - 7:30 pm		
	Leah	Alicia		Leah		