

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

## Summer Schedule



| Sunday                                    | Monday                                 | Tuesday   | Wednesday   | Thursday                                 | Friday                                       | Saturday                                  |
|---|--|---|---|--|--|---|
|   |  | <b>SPIN®</b><br>7:00 - 8:00 am<br>Leah  | <b>SPIN®</b><br>6:15 - 7:15 am<br>Elizabeth (July)<br>Alicia (August) | <b>TRX</b><br>6:15 - 7:15 am<br>Leah     | <b>SPIN®</b><br>6:15 - 7:15 am<br>Anne Marie |   |
|   |  |   |   |  | <b>TRX</b><br>8:00 - 9:00 am<br>Denise       | <b>SPIN®</b><br>8:30 - 9:30 am<br>Larry   |
| <b>SPIN®</b><br>8:00 - 9:00 am<br>Christy | <b>SPIN®</b><br>9:30 - 10:30 am<br>Liz | <b>SPIN®</b><br>9:30 - 10:30 am<br>Jennifer (July)<br>Elizabeth (August)            |   | <b>SPIN®</b><br>9:30 - 10:30 am<br>Lindy | <b>SPIN®</b><br>9:30 - 10:30 am<br>Larry     |   |
|   |  |   |   |  |  | <b>Yoga</b><br>9:15 - 10:30 am<br>Melanie |
|   |  |   | <b>SPIN®</b><br>5:30 - 6:30 pm<br>Eileen                              |  |  |   |
|   | <b>TRX</b><br>6:00 - 7:00 pm           | <b>SPIN®</b><br>6:30 - 7:30 pm<br>Alternating Instructors (July)<br>Alicia (August) |   | <b>SPIN®</b><br>6:30 - 7:30 pm<br>Eileen |  |   |
|   |  |   |   |  |  | Updated 6/29/15                           |