

Health & Well-Being Programs

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	5:45-6:45am Cycle	5:35-6:35am Boot Camp U. Gym	5:45-6:45am Cycle	5:35-6:35am Boot Camp U. Gym	5:45-6:45am Cycle	7:30-8:30am Cycle
	5:45-6:45am Yoga All Level	8:15-9:15am Cardio Blast		8:15-9:00am Cardio Kickboxing		8:00-8:55am Step & Strong
9:05-10:05am Cardio Blast	9:00-10:00am Boot Camp	9:00-10:00am Yoga All Level U. Gym	9:00-10:00am Yoga Beginner/ Supported U. Gym	9:00-10:00am Yoga All Level	9:00-10:00am Circuit Training	7:30-8:30am Yoga Level I/II U. Gym
9:30-11:00am Cycle	9:05-10:05am Pilates MP Rm.	9:25-10:25am Step & Strong	9:00-10:00am Cardio Kickboxing	9:05-10:05am Cardio Blast	9:05-10:05am Pilates MP Rm.	8:45-9:45am Yoga Level III/IV MP Rm.
11:00-11:45am Zumba	9:15-10:00am Cycle	9:45-10:30am Cycle	9:15-10:00am Cycle	9:45-10:30am Cycle	9:15-10:00am Cycle	9:00-9:45am Zumba
	10:10-11:10am Cardio Kickboxing	10:10-11:10am Yoga Level I MP Rm.	10:05-11:00am Circuit Training	10:10-11:10am Step & Strong	10:10-11:35am Cardio Blast	9:15-10:15am Cycle
	10:10-11:10am Yoga Level I/II MP Rm.	11:15am-12:15pm Pilates	10:15-11:00am Cycle	10:10-11:10am Yoga Level I MP Rm.	10:15-10:45am Core Conditioning MP Rm.	9:50-10:50am Cardio Blast
	10:15-11:00am Cycle		11:05am-12:05pm Yoga Level I/II MP Rm.	11:15am-12:15pm Pilates	10:15-11:00am Cycle	10:55-11:55am Cardio Kickboxing
	11:15am-12:15pm Yoga Level III/IV		11:05-12:00pm Body Sculpt	12:20-1:05pm Cardio Dance	11:00am-12:00pm Yoga Level II	12:00-1:00pm Adult Seido Karate green/brown/black
2:45-3:00pm Intro to Body Pump™	12:20-1:20pm Everfit	4:15-5:15pm Cycle	12:20-1:20pm Everfit		12:20-1:20pm Everfit	1:00-2:00pm Adult Seido Karate black belt U. Gym
3:00-4:00pm Body Pump™	4:00-5:00pm Body Pump™	5:00-6:00pm Body Pump™	4:00-5:00pm Body Pump™	5:00-6:00pm Cardio Blast		2:00-3:00pm Adult Seido Karate white/blue/yellow
	5:00-5:45pm Cycle	6:00-7:00pm Cycle	5:00-5:45pm Cycle			
	5:10-5:55pm Core Conditioning	6:10-6:55pm Step & Strong	5:15-6:00pm Circuit Training	6:00-7:00pm Cycle	6:15-6:30pm Intro to Body Pump™	
	6:00-6:55pm Step & Strong	6:30-7:45pm Yoga Level II MP Rm.	6:10-7:05pm Cardio Dance	7:00-8:00pm Body Pump™	6:30-7:30pm Body Pump™	
		7:00-7:45pm Cardio Kickboxing	6:00-7:00pm Cycle	7:00-8:00pm Yoga All Level MP Rm.	7:45-8:30pm Zumba	
		7:15-8:15pm Studio Cycle	7:15-7:45pm CXWorX™		Room Key FL—Family Lounge (upper floor) MP Rm = Multi Purpose Room (main floor) U. Gym = Upper Gym (main floor) L. Gym = Lower Gym (bottom floor) Classes not labeled with a room location take place in the Aerobics	
		7:50-8:50pm Pilates				
	7:15-8:15pm Cycle	7:50-9:05pm Yoga Level I/II MP Rm.	8:05-9:05pm Adult Seido Karate	8:10-9:10pm Yoga All Level MP Rm.		
	8:05-9:05pm Adult Seido Karate					