

# **Attention Members!**

**Due to the necessary refinishing of the floor in Studio 2, the following Group Fitness schedule will be in effect  
Wednesday, Sept. 25 – Sunday, Sept. 29**

## **Wednesday, Sept. 25**

8:45am – 9:30am	Moderate Moves	Studio 3
9:15am – 10:15am	Kickbutt Boxing	Arena Field
9:15am – 10:15am	R.E.V.	Studio 1
10:15am - 11:15am	BodyJam	Studio 1
10:30am – 11:15am	Gentle Yoga	Studio 3
4:45pm – 5:30pm	BodyVive Xpress	Studio 1
5:30pm – 6:00pm	CXWORX	Studio 1
6:00pm – 7:00pm	Zumba	Studio 1
7:00pm – 8:00pm	BodyPump	Studio 1

**\*\*All Cycle & Aqua as regularly scheduled**

## **Thursday, Sept. 26**

5:30am – 6:30am	BodyAttack	Studio 1
9:15am – 10:15am	BodyAttack	Studio 1
10:15am – 11:00am	Strong & Lean	Studio 1
1:00pm – 2:00pm	BodyPump	Studio 1
4:45pm – 5:45pm	Butt N' Guts	Studio 1
6:00pm – 7:00pm	R.E.V.	Studio 1
7:00pm – 8:00pm	BodyJam	Studio 1
7:00pm – 8:00pm	Yoga Flex	Studio 3

**\*\*All Cycle & Aqua as regularly scheduled**

## **Friday, Sept. 27**

5:30am – 6:15pm	BodyPump Xpress	Studio 1
8:45am – 9:30am	BodyVive Xpress	Studio 3
9:15am – 10:15am	All Terrain XT	Outside Field
9:30pm – 10:15am	Sh'Bam	Studio 1
10:15am – 11:15am	BodyPump	Studio 1
10:30am – 11:30am	Yoga Flex	Studio 3
4:45pm – 5:45pm	BodyPump	Studio 1

**\*\*All Cycle & Aqua as regularly scheduled**

## **Saturday, Sept. 28**

8:30am – 9:30am	BodyAttack	Studio 1
9:30am – 10:30am	BodyPump	Studio 1
10:45am – 11:30am	Sh'Bam	Studio 1

**\*\*All Cycle & Aqua as regularly scheduled**

## **Sunday, Sept. 29**

8:30am – 9:15am	BodyCombat Xpress	Studio 1
8:30am – 9:15am	Basic Step45	Studio 3
9:30am – 10:30am	BodyPump	Studio 1
9:30am – 10:30am	Yoga Flex	Studio 3

**\*\*Cycle as regularly scheduled**