

# Coming Soon: January 6, 2020

\*Subject to change\*

	Monday			Tuesday			Wednesday			Thursday			Friday			Saturday			Sunday		
	Main Y	Y Express	Cycling	Main Y	Y Express	Cycling/Other	Main Y	Y Express	Cycling/Other	Main Y	Y Express	Cycling/Other	Main Y	Y Express	Cycling/Other	Main Y	Y Express	Cycling	Main Y	Y Express	Cycling
5:30:00 AM																					
5:45:00 AM	Total Body						Total Body						Total Body								
6:00:00 AM	Toning 5:45-6:30	PiYo 6:00-6:45	Cycling 6am-7am	Insanity-50 6:00-6:50	Power-HIIT 6:00-6:35		Toning 5:45-6:30	PiYo 6:00-6:45	Cycling 6am-7am	Insanity-50 6:00-6:50	Power-HIIT 6:00-6:35		Toning 5:45-6:30	PiYo 6:00-6:45	Cycling 6am-7am						
6:15:00 AM																					
6:30:00 AM																					
6:45:00 AM																					
7:00:00 AM																					
7:15:00 AM																					
7:30:00 AM																					
7:45:00 AM																					
8:00:00 AM																					
8:15:00 AM																					
8:30:00 AM																					
8:45:00 AM																					
9:00:00 AM	Beats & Bands 9-9:45	Power Up 8:45-9:50	Cycling 9-10am	Zumba Gold 9-9:50	Insanity-50 9-9:50	HIIT Cycling 9:00-9:35	Beats & Bands 9-9:45	Power Up 8:45-9:50	Cycling 9-10am	Zumba Gold 9-9:50	Insanity-50 9-9:50	HIIT Cycling 9:00-9:35	Beats & Bands 9-9:45	Power Up 8:45-9:50	Cycling 9-10am	Zumba 8:30-9:30 alternating	Kettlebell (Fee Class) 9-10am	Cycling 8am-9:30 Alternating			
9:15:00 AM																					
9:30:00 AM																					
9:45:00 AM																					
10:00:00 AM	Silver Sneakers 10-10:50	TRX 10:00-10:45		Zumba 10-11	Yoga 10am-11:30	White Rock Silver Sneakers 10:30-11:30	Silver Sneakers 10-10:50	TRX 10:00-10:45		Zumba 10-11	Yoga 10am-11:30	White Rock Silver Sneakers 10:30-11:30	Silver Sneakers 10-10:50	TRX 10:00-10:45					Step 9:30-10:45	Yoga 9-10:30 Alternating Instructors	
10:15:00 AM																					
10:30:00 AM																					
10:45:00 AM																					
11:00:00 AM	Stretching 11:00-11:45						Stretching 11:00-11:45						Stretching 11:00-11:45								
11:15:00 AM																					
11:30:00 AM				P90-X 11:30-12:10						P90-X 11:30-12:10											
11:45:00 AM		Power HIIT 11:45-12:20			Power Up 12:00-1:00	Cycling 12:00-12:45		Power HIIT 11:45-12:20	Raquetball#1 Step 11:35-12:25		Power Up 12:00-1:00	Cycling 12:00-12:45		Power HIIT 11:45-12:20	Raquetball#1 Step 11:35-12:25						
12:00:00 PM	Zumba 12-1						Zumba 12-1														
12:15:00 PM		Yoga 12:30-1:30		Core & More 12:15-12:45						Core & More 12:15-12:45											
12:30:00 PM																					
12:45:00 PM																					
1:00:00 PM	ESP 1:05-2:05						ESP 1:05-2:05						ESP 1:05-2:05								
1:15:00 PM																					
1:30:00 PM																					
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5:00:00 PM																					
5:15:00 PM	Zumba 5:15-6:15	Yoga 5:30-6:25	Cycling 5:30-6:30	Step 5:15-6:16	PiYo 5:15-6:15		Zumba 5:15-6:15	Yoga 5:30-6:25	Cycling 5:30-6:30	Step 5:15-6:16	PiYo 5:15-6:15										
5:30:00 PM																					
5:45:00 PM																					
6:00:00 PM																					
6:15:00 PM																					
6:30:00 PM		Total Body Toning 6:35-7:30			Power Up 6:30-7:30																
6:45:00 PM																					
7:00:00 PM																					
8:00:00 PM																					

- Cardio
- Strength
- Mind & Body
- Interval Training
- Senior