

Cycling Studio				
<b>Mon</b>	6:00-7:00 AM 5:30-6:30 PM	Cycle Cycle	Susie Kevin	
<b>Tue</b>	9:15-10:15 AM 4:30-5:30 PM 5:30-6:30 PM 5:30-6:30 PM 5:30-6:30 PM 5:30-6:30 PM	Cycle Cycle Cycle Cycle Cycle Cycle	Nicole Cheryl Griselda Kevin Kevin Caroline Caroline	
<b>Wed</b>	6:00-7:00 AM 4:30-5:30 PM	Cycle Cardio/Circuit	Susie Cheryl	
<b>Thu</b>	9:15-10:15 AM 4:30-5:30 PM 6:00-7:00 PM	Power Cycle Cycle Cycle	Cheryl Kevin Caroline	
<b>Fri</b>	9:00-10:00 AM 9:00-10:00 AM 9:00-10:00 AM 9:00-10:00 AM	Cycle Cycle Cycle Cycle	Acacia Nicole Griselda Griselda	

Group Splash FX				
<b>Mon</b>	9:15-10:15 AM 6:00-7:00 PM	Water Aerobics Water Aerobics	Barbara R. Rebecca	
<b>Tue</b>	9:15-10:15 AM 6:00-7:00 PM	Water Aerobics Water Aerobics	Barbara Rebecca	
<b>Wed</b>	9:15-10:15 AM	Water Aerobics	Barbara	
<b>Thu</b>	9:15-10:15 AM 6:00-7:00 PM	Water Aerobics Water Aerobics	Barbara Barbara	
<b>Fri</b>	9:15-10:15 AM	Water Aerobics	Karon	

**FAMILY SWIM TIME**	
MON - SUN	2PM - 4PM

Kids Club Hours		
<b>Mon</b>	8:00 AM 4:00 PM	12:00 PM 8:30 PM
<b>Tue</b>	8:00 AM 4:00 PM	12:00 PM 8:30 PM
<b>Wed</b>	8:00 AM 4:00 PM	12:00 PM 8:30 PM
<b>Thu</b>	8:00 AM 4:00 PM	12:00 PM 8:30 PM
<b>Fri</b>	8:00 AM 4:00 PM	12:00 PM 8:00 PM
<b>Sat</b>	8:00 AM	12:00 PM

Club Hours			
<b>Mon</b>	Open 4:30 AM	Close 11:00 PM	
<b>Tue</b>	Open 4:30 AM	Close 11:00 PM	
<b>Wed</b>	Open 4:30 AM	Close 11:00 PM	
<b>Thu</b>	Open 4:30 AM	Close 11:00 PM	
<b>Fri</b>	Open 4:30 AM	Close 9:00 PM	
<b>Sat</b>	Open 7:00 AM	Close 8:00 PM	
<b>Sun</b>	Open 8:00 AM	Close 6:00 PM	

Group X Studio				
<b>Mon</b>	8:15-9:15 AM 9:15-10:15 AM 4:30-5:30 PM 5:30-6:30 PM 6:30-7:30 PM	R.I.P.P.E.D. Zumba R.I.P.P.E.D. Shred Tabata	Loretta/Susie Loretta Cheryl/Sherri Cheryl/Sherri Loretta	
<b>Tue</b>	8:15-9:15 AM 9:15-10:15 AM 4:30-5:30 PM 5:30-6:30 PM 6:30-7:30 PM 7:30-8:15 PM 8:15-8:30 PM	Pump It Zumba Zumba Piloxing Zumba Cardio Kickboxing Abs	Acacia Leslie Susie Susie Loretta Loretta Loretta	
<b>Wed</b>	8:15-9:15 AM 9:15-10:15 AM 4:30-5:30 PM 5:30-6:30 PM 6:30-7:30 PM	Best of Both PiYo Cardio/Circuit R.I.P.P.E.D. Yoga	Loretta/Susie Nicole Cheryl Cheryl/Sherri Charlotte	
<b>Thu</b>	6:00-7:00 AM 8:15-9:15 AM 9:15-10:15 AM 4:30-5:30 PM 5:30-6:30 PM 6:30-7:30 PM 7:30-8:30 PM	PiYo Pump It R.I.P.P.E.D. Zumba Tabata Turbo Kick® Zumba	Susie Cheryl Leslie/Nicole Susie Loretta Loretta Loretta	
<b>Fri</b>	8:15-9:00 AM 9:00-10:00 AM 10:00-11:00 AM 4:00-5:00 PM 5:00-5:45 PM 5:45-6:45 PM	Horizontal Pump It Piloxing PiYo R.I.P.P.E.D. Cardio Kickboxing Yoga	Loretta Susie Susie Loretta/Susie Loretta Charlotte	

Saturday				
<b>5/5</b>	9:00-10:00 AM 10:15-10:45 AM 10:00-11:00 AM	AM AM AM	<b>NO CLASS</b> <b>NO CLASS</b> Cycle	Gwen
<b>5/12</b>	9:00-10:00 AM 10:15-10:45 AM 10:00-11:00 AM	AM AM AM	R.I.P.P.E.D. Kid Fit Cycle	Loretta/Susie Susie Kevin
<b>5/19</b>	9:00-10:00 AM 10:15-10:45 AM 10:00-11:00 AM	AM AM AM	R.I.P.P.E.D. Kid Fit Cycle	Acacia/Sherri Sherri Kevin
<b>5/26</b>	9:00-10:00 AM 10:15-10:45 AM 10:00-11:00 AM	AM AM AM	R.I.P.P.E.D. Kid Fit Cycle	Loretta/Susie Loretta Caroline

\*Class schedules are subject to change!

**FAMILY TIME ON THE BASKETBALL COURT**	
MON - SUN	2PM - 4PM

DON'T FORGET ABOUT MOM ON MAY 8<sup>th</sup>



**Ultimate Family Fitness** - Our group fitness classes offer a fun way to exercise while burning calories, increasing metabolism, conditioning the heart and lungs, and building muscle. Our instructors are motivated to give you a workout that will insure safety, fun and success. We want **YOU** in our classes, and we encourage, educate and challenge you on your way to better health and fitness. \*Remember to bring water and a sweat towel.