

KIDZ KORNER HOURS: (FREE CHILD CARE)

Monday-Thursday 8:30 a.m.-8 p.m. Friday 8:30 a.m.-3 p.m. Saturday 8 a.m.-Noon

2016 GROUP EXERCISE SCHEDULE #15687 SEPTEMBER 12TH-NOVEMBER 6TH Please visit www.hempfieldrec.com for the current schedule and any changes that were made to the schedule. ALL CLASSES SUBJECT TO CHANGE BASED ON ATTENDANCE!

MONDAY

5.30 a.m. 5.30 a.m.CyclingCycling Studio5.30 a.m. 5.30 a.m.BODYFLOV*Gym8.30 a.m. 8.30 a.m.Zumba*Fitness Studio5.30 a.m. 5.00 a.m.BODYFLOV*Fitness Studio9.30 a.m. 9.30 a.m. 9.30 a.m.SilverSneaders* Circuit (45 Min. Class)Fitness Studio9.15 a.m. 9.15 a.m.BODYFLOV*SilverSneaders* (60 Min. Class)Fitness Studio9.30 a.m. 9.30 a.m.CyclingCycling Studio1.000 a.m.ZumbaCalci (45 Min. Class)Fitness Studio9.30 a.m. 9.30 a.m.Cycling Studio1.000 a.m.ZumbaCalci (45 Min. Class)Fitness Studio9.30 a.m. 9.30 a.m.Cycling Studio1.30 a.m.Zumba Golf* (45 Min. Class)Fitness Studio9.30 a.m. 9.30 p.m.Cycling Studio5.30 p.m.Stup N Tane.Aerobic Studio9.30 p.m. 9.30 p.m.BODYFUMP* EXPRESS (30 Min. Class)Fitness Studio6.00 p.m.CYCLECROSS (50 Min. Class)Cycling Studio9.30 p.m. 9.30 p.m.BODYFUMP* (30 Min. Class)Fitness Studio6.00 p.m.CYCLECROSS (50 Min. Class)Cycling Studio9.15 p.m. 9.30 p.m.BODYFUMP* (30 Min. Class)Fitness Studio6.00 p.m.CYCLECROSS (50 Min. Class)Cycling Studio9.15 p.m. 9.15 p.m.BODYFUM* 9.17 (45 Min. Class)Fitness Studio5.30 a.m.HITT (45 Min. Class)Fitness Studio9.15 a.m. 9.15 p.m.BODYFUM* 9.17 (45 Min. Class)Fitness Studio5.30 a.m.Cycling Studio9.15 a.m. 9.15 a.m.BODYFUM* 9.16 (45 Min	MONDAY			THURSDAY		
5.30 amBODYPUMP*Fitnes Studio5.30 a.mBODYTLOX*Fitnes Studio8.30 amSturbaketer*Creati (45 Min. Class)Aerobic Studio8.30 a.m.BODYPUN*1 (45 Min. Class)Fitnes Studio9.30 a.m.BODYPUMP*Cycling Studio10.00 a.m.BODYPUN*6 (45 Min. Class)Fitnes Studio9.30 a.m.Cycling Studio10.00 a.m.ZunbaSilverSneakers*Cardio (45 Min. Class)Fitnes Studio10.30 a.m.CXWORX** (30 Min. Class)Fitnes Studio11.30 a.m.SilverSneakers*Cardio (45 Min. Class)Aerobic Studio13.30 a.m.GVNORX** (30 Min. Class)Fitnes Studio5.30 p.m.HIITTitnes StudioFitnes Studio5.30 p.m.GVIPUMP*Cycling Studio6.30 p.m.Step Y ToneAerobic Studio6.40 p.m.CXWORX** (10 Min. Class)Fitnes Studio6.30 p.m.BODYPUMP*Fitnes Studio6.40 p.m.CXWORX** (10 Min. Class)Fitnes Studio6.30 p.m.BODYPUMP*Fitnes Studio7.15 p.m.BODYFLOW*Fitnes StudioFitnes Studio6.30 p.m.YOGADane Studio7.15 p.m.BODYFLOW*Fitnes StudioFitnes StudioSitnesStudioFitnes Studio7.15 p.m.BODYFLOW*Fitnes StudioFitnes StudioSitnesCycling StudioFitnes Studio7.15 p.m.BODYFLOW*GYMIPFitnes StudioSitnesCycling StudioSitnes7.15 p.m.BODYFLOW*GYMIPFitnes StudioSitnesCycling Studio </td <td>5:30 a.m.</td> <td>Cycling</td> <td>Cycling Studio</td> <td></td> <td>BODYFLOW®</td> <td>Gvm</td>	5:30 a.m.	Cycling	Cycling Studio		BODYFLOW®	Gvm
8.30 and 9.00 and 9.00 and 9.00 and 9.00 and 9.10 and 9.	5:30 a.m.	BODYPUMP®	Fitness Studio			•
9.00 a.m. 9.00 a.m. 9.00 AUTP (VP*)Acrobic Studio Fitness Studio9.15 a.m. 9.15 a.m.BODYPLOW* (Min. Class)Grumes Studio Fitness Studio9.30 a.m. 9.30 a.m.ODVPPUMP* StudioCycling Studio9.15 a.m.HIIT (45 Min. Class)Fitness Studio9.30 a.m. 9.30 a.m.SilverSneakers* Catatio (45 Min. Class)Fitness Studio10.00 a.m.SilverSneakers* Catatio (45 Min. Class)Fitness Studio10:30 a.m. 5:30 p.m.CYCM0R/W (30 Min. Class)Fitness Studio5:30 p.m.SilverSneakers* Catatio (45 Min. Class)Fitness Studio5:30 p.m. 6:05 p.m.CYcling StudioCycling Studio5:30 p.m.Step ToneAcrobic Studio5:30 p.m.ODVPTIMP* EXPERSS (30 Min. Class)Fitness Studio6:30 p.m.BODYPTIMP*Fitness Studio6:40 p.m. 7:15 p.m.BODYFLOW*Fitness Studio6:30 p.m.ODDYPLMP*Fitness Studio7:30 p.m.BODYFLOW*Fitness Studio5:30 a.m.YIITFitness Studio5:30 a.mBODYFLOW*Fitness Studio5:30 a.m.HIIT (45 Min. Class)Fitness Studio5:30 a.mBODYFLOW*Fitness Studio5:30 a.m.HIIT (45 Min. Class)Fitness Studio9:15 a.m.BODYFLOW*StudioFitness Studio5:30 a.m.HIIT (45 Min. Class)Fitness Studio9:15 a.m.BODYFLOW*StudioFitness Studio5:30 a.m.Zumba*Fitness Studio9:13 a.m.BODYFLOW*StudioFitness Studio5:30 a.m.Zumba*Cycling Studio	8:30 a.m.	Zumba [®]	Fitness Studio			
9.30 a.m.BODYPCMP*Fitness Studio9.15 a.m.HITT (45 Min. Class)Fitness Studio9.30 a.m.CyclingCycling Studio10.00 a.m.ZumbaCarlio (45 Min. Class)Fitness Studio10.30 a.m.CXW0RX™ (20 Min. Class)Fitness Studio11.30 a.m.Zumba Gold* (45 Min. Class)Acrobic Studio3.30 p.m.CyclingCycling Studio5.30 p.m.HITTFitness Studio5.30 p.m.CyclingCycling Studio6.00 p.m.Step P ToneAcrobic Studio6.40 p.m.BODYRTHACK™ (30 Min. Class)Fitness Studio6.00 p.m.CYCLCROS (50 Min. Class)Fitness Studio6.40 p.m.BODYRUM*EXPRESS (30 Min. Class)Fitness Studio6.30 p.m.CYCLCROS (50 Min. Class)Fitness Studio6.40 p.m.CXW0RX™ (30 Min. Class)Fitness Studio6.30 p.m.CYCLGROS (50 Min. Class)Fitness Studio7.15 p.m.BODYFLOW*Fitness StudioFitness Studio5.30 a.m.CYCLingCycling Studio7.15 p.m.BODYFLOW*Fitness Studio5.30 a.m.CYCLIngCycling Studio8.30 a.m.BODYFLOW*Fitness Studio5.30 a.m.HITT (45 Min. Class)Fitness Studio9.15 a.m.BODYFLOW*Fitness Studio5.30 a.m.HITT (45 Min. Class)Fitness Studio9.15 a.m.BODYFLOW*Fitness Studio5.30 a.m.HITT (45 Min. Class)Fitness Studio9.15 a.m.BODYFLOW*Fitness Studio9.00 a.m.Sitresfitneake*Crucit (45 Min. Class)Fitness Studio <td>9:00 a.m.</td> <td>SilverSneakers® Circuit (45 Min. Class)</td> <td>Aerobic Studio</td> <td></td> <td></td> <td></td>	9:00 a.m.	SilverSneakers® Circuit (45 Min. Class)	Aerobic Studio			
9.30 am. 0.00 am.Cycling StudioCycling Studio1000 am.ZumbaFitness Studio10.00 am. 10.00 am.CWORX™ (30 Min. Class)Fitness Studio10.15 a.m.SiterSneekers* Cardio (45 Min. Class)Fitness Studio13.30 am. 13.30 p.m.CyclingCycling Studio5.30 p.m.HITTFitness StudioFitness Studio5.30 p.m. 13.00 p.m.BODYSTEP*Cycling Studio5.30 p.m.NoProtoAerobic Studio6.40 p.m. 15.30 p.m.BODYATTACK™ (30 Min. Class)Fitness Studio6.30 p.m.CYCLECROSS (50 Min. Class)Cycling Studio6.40 p.m. 15.30 n.m.BODYATTACK™ (30 Min. Class)Fitness Studio6.30 p.m.CYCLECROSS (50 Min. Class)Cycling Studio6.40 p.m. 15.30 a.m.BODYFLOW*Fitness Studio6.30 p.m.ZumbaDance Studio7.31 p.m. 15.30 a.m.BODYFLOW*Fitness Studio5.30 a.m.Cycling Studio5.30 a.m. 15.30 a.m.BODYFLOW*Fitness Studio5.30 a.m.HITT (45 Min. Class)Fitness Studio5.30 a.m. 15.3 a.m.BODYFLOW* (60 Min. Class)Fitness Studio5.30 a.m.SitverSneakers*. Creuit (45 Min. Class)Fitness Studio9.15 a.m. 15.3 a.m.BODYFLOW* (60 Min. Class)Fitness Studio9.00 a.m.SitverSneakers*. Creuit (45 Min. Class)Fitness Studio9.15 a.m. 15.3 a.m.SitverSneakers*. Classic (45 Min. Class)Fitness Studio9.00 a.m.SitverSneakers*. Classic (45 Min. Class)Fitness Studio9.15 a.m. 15.3 a.m.SitverSneakers*. Cla	9:30 a.m.	BODYPUMP®	Fitness Studio			•
10.00 a.m. 10.30 a.m.SilverSneakers* Classic (45 Min. Class)Acrobic Studio10.30 a.m. 10.30 p.m.CWORX™ (30 Min. Class)Fitness Studio1:30 a.m. 1:30 p.m.SilverSneakers* Cardio (45 Min. Class)Fitness Studio4.30 p.m. 15:30 p.m.BODYPUMP* EXPRESS (30 Min. Class)Fitness Studio5:30 p.m.Step N ToneAcrobic Studio6:05 p.m. 16:07 MINBODYPLMP* EXPRESS (30 Min. Class)Fitness Studio6:30 p.m.Step N ToneAcrobic Studio6:04 p.m. 15:30 p.m.BODYPLMP* EXPRESS (30 Min. Class)Fitness Studio6:30 p.m.BODYPLMP*Cycling Studio6:40 p.m. 15:30 a.m.BODYFLOW*Fitness Studio6:30 p.m.YOGADance Studio7:15 p.m. 15:30 a.m.BODYFLOW*Fitness Studio5:30 a.m.BODYFLOW*Fitness Studio8:30 a.m. 9:15 a.m. 15:30 a.m.BODYFLOW*Fitness Studio5:30 a.m.CyclingCycling Studio9:15 a.m. 9:15 a.m.BODYFLOW*Fitness Studio5:30 a.m.BUDYFLMP*Fitness Studio9:15 a.m. 9:15 a.m.BODYFLOW*Fitness Studio9:30 a.m.BUDYFLMP*Fitness Studio9:15 a.m. 9:15 a.m.StherSneakers* Cardio (45 Min. Class)Fitness Studio9:30 a.m.BUDYFLMP*Cycling Studio9:15 a.m. 9:15 a.m.StherSneakers* Cardio (45 Min. Class)Fitness Studio9:30 a.m.CyclingCycling Studio9:15 a.m.StherSneakers* Cardio (45 Min. Class)Fitness Studio9:30 a.m.CyclingCycling Studio9:16 a.m. <td>9:30 a.m.</td> <td>Cycling</td> <td>Cycling Studio</td> <td></td> <td></td> <td></td>	9:30 a.m.	Cycling	Cycling Studio			
10:50 a.m.CXWOXXM (9) Min. Class)Fitness Studio11:30 a.m.Zumba Gold® (45 Min. Class)Fitness Studio5:30 p.m.BODYSTEP®Fitness Studio5:30 p.m.HIITFitness Studio5:30 p.m.BODYPUMP® EXPRESS (30 Min. Class)Fitness Studio6:00 p.m.CYCLECROSS (50 Min. Class)Cycling6:40 p.m.CXWORXM (30 Min. Class)Fitness Studio6:30 p.m.BODYPUMP®Cycling Studio6:40 p.m.CXWORXM (30 Min. Class)Fitness Studio6:30 p.m.YOGADance Studio7:15 p.m.BODYTLOW®Fitness Studio6:30 p.m.YOGADance Studio5:30 a.m.BODYTLOW®Fitness Studio5:30 a.m.Cycling StudioSitos5:30 a.m.BODYTLOW®Fitness Studio5:30 a.m.HIIT (45 Min. Class)Fitness Studio9:15 a.m.BODYTLOW ® (60 Min. Class)Fitness Studio9:30 a.m.Cycling Crucit (45 Min. Class)Fitness Studio9:15 a.m.BODYTLOW ® (60 Min. Class)Fitness Studio9:30 a.m.Cycling Crucit (45 Min. Class)Fitness Studio9:15 a.m.Studesseneak® Cardio (45 Min. Class)Fitness Studio9:30 a.m.Cycling StudioStudio11:30 a.m.Zumba Gold® (45 Min. Class)Fitness Studio9:30 a.m.Cycling StudioStudio9:15 a.m.Studesseneak® Cardio (45 Min. Class)Fitness Studio9:30 a.m.Cycling StudioStudio5:30 p.m.HIITStude (45 Min. Class)Cycling Studio7:30 a.m.Cycling Studio <t< td=""><td>10:00 a.m.</td><td>SilverSneakers® Classic (45 Min. Class)</td><td>Aerobic Studio</td><td></td><td></td><td></td></t<>	10:00 a.m.	SilverSneakers® Classic (45 Min. Class)	Aerobic Studio			
4-30 μm600 PS LP*Filtness Studio530 μmHITFitness Studio530 μmCyclingCycling Studio530 μmSi μa NmAcrobic Studio530 μmBODYPUMP* EXPRESS (40 Min. Class)Fitness Studio600 μm.CYCLECROSS (50 Min. Class)Cycling Studio640 μmCXWORX*W (30 Min. Class)Fitness Studio630 μm.BODYPUMP*Fitness Studio6715 μm.BODYFLOW*Fitness Studio630 μm.YOGADance Studio715 μm.BODYFLOW*Fitness Studio730 μm.ZumbaCycling Studio715 μm.BODYFLOW*Fitness Studio530 a.m.Cycling StudioFitness Studio530 a.m.BODYFLOW*Fitness Studio530 a.m.Cycling StudioFitness Studio813 a.m.BODYFLOW*Fitness Studio530 a.m.Cycling StudioFitness Studio915 a.m.BODYFLOW*600 fitn. Class)Gym830 a.m.Zumba*Fitness Studio915 a.m.BODYFLOW*640 fitn. Class)Fitness Studio930 a.m.Cycling StudioFitness Studio915 a.m.BODYFLOW*640 fitn. Class)Acrobic Studio930 a.m.Cycling StudioFitness Studio915 a.m.BODYFLOW*Fitness Studio930 a.m.Cycling StudioFitness Studio916 a.m.Zumba*Carbic Studio930 a.m.Cycling StudioFitness Studio930 a.m.BODYPUMP*Fitness Studio730 a.m.Cycling StudioFitness Studio930 a.m.BODYPUM*Fi	10:30 a.m.		Fitness Studio			
3-30 p.m. 5:30 p.m.Cycling BODYPUMP* EXPRESS (30 Min. Class)Finess Studio Finess Studio $5:30 p.m.Step N ToneAerobic Studio6:30 p.m.BODYPUMP*GOM m. Class)Finess Studio6:30 p.m.CYCLECROSS (50 Min. Class)Cycling Studio6:40 p.m.CXWORXTM (30 Min. Class)Finess Studio6:30 p.m.BODYPUMP*Fitness Studio6:40 p.m.CXWORXTM (30 Min. Class)Fitness Studio6:30 p.m.YOGADance StudioTUESDAYTUESDAYToness Studio5:30 a.m.CyclingCycling Studio5:30 a.m.BODYFLP*Aerobic Studio5:30 a.m.CyclingCycling Studio8:30 a.m.BODYFLP*Aerobic Studio5:30 a.m.CyclingFitness Studio9:15 a.m.BODYFLOW* (60 Min. Class)Gym8:30 a.m.SluveFanekers*, Circuit (45 Min. Class)Fitness Studio9:15 a.m.HITT (45 Min. Class)Fitness Studio9:30 a.m.SluveFanekers*, Circuit (45 Min. Class)Fitness Studio1:30 a.m.SuperSnekers* Cardio (45 Min. Class)Fitness Studio9:30 a.m.Cycling StudioStudio1:30 a.m.SuperSnekers* Cardio (45 Min. Class)Fitness Studio9:30 a.m.Cycling StudioStudio1:30 a.m.SuperSnekers* Cardio (45 Min. Class)Fitness Studio9:30 a.m.Cycling StudioStudio5:30 p.m.Manbel def (45 Min. Class)Fitness Studio9:30 a.m.Cycling StudioStudio5:30 p.m.Sup N ToneAerobic Studio1:30 a.m.<$	4:30 p.m.		Fitness Studio			
3-50 pm.BODYPTOM* EARCSS (30 Min. Class)Fitness Studio600 pm.CYCLECROSS (50 Min. Class)Cycling Studio6:05 pm.BODYATCACK** (30 Min. Class)Fitness Studio6:30 pm.BODYPLMP*Fitness Studio7:15 pm.BODYFLOW*Fitness Studio6:30 pm.VOGADance Studio7:30 am.BODYSTEP*Fitness Studio5:30 am.CyclingCycling Studio5:30 a.m.BODYVFLOW*Fitness Studio5:30 am.CyclingCycling Studio5:30 a.m.BODYVFLO*6:00 fm. Class)Fitness Studio5:30 am.HITT (45 Min. Class)Fitness Studio9:15 a.m.BODYVIVE 3, 1^M (45 Min. Class)Fitness Studio9:00 am.SilverSneakers*Circuit (45 Min. Class)Fitness Studio9:15 a.m.BODYVIVE (60 Min. Class)Fitness Studio9:00 am.SilverSneakers*Circuit (45 Min. Class)Aerobic Studio10:00 a.m.Zumba*Fitness Studio9:30 a.m.CyclingCycling StudioSilverSneakers*Circuit (45 Min. Class)Fitness Studio11:30 a.m.Zumba*Fitness Studio9:30 a.m.Cycling StudioSilverSneakers*Circuit (45 Min. Class)Fitness Studio5:30 p.m.HITFitness Studio9:30 a.m.Cycling StudioSilverSneakers*Classic (45 Min. Class)Fitness Studio6:00 pm.CYCLECROSS (50 Min. Class)Fitness Studio1:30 a.m.CYCLECROSS (50 Min. Class)Fitness Studio5:30 p.m.Stop NT DeCycling StudioSilverSneakers*Classic (45 Min.			Cycling Studio			
body pin.BODYPINP*Fitness Studio6.30 p.m.BODYPINP*Fitness Studio7.15 p.m.BODYFLOW*Fitness Studio6.30 p.m.YOGADance Studio7.30 p.m.ZumbaFitness Studio7.30 p.m.ZumbaFitness Studio5.30 a.m.BODYSTEP*Aerobic Studio5.30 a.m.CyclingCycling Studio8.30 a.m.BODYVIVE 3.1 TM (45 Min. Class)Fitness Studio5.30 a.m.CyclingCycling Studio9.15 a.m.BODYVIVE 3.1 TM (45 Min. Class)Fitness Studio9.30 a.m.Zumba*Fitness Studio9.15 a.m.BODYVIVE 3.1 TM (45 Min. Class)Fitness Studio9.30 a.m.Zumba*Fitness Studio9.15 a.m.BODYFLOW* (60 Min. Class)Gym8.30 a.m.Zumba*Cycling Studio9.15 a.m.SilverSneakers* Cardio (45 Min. Class)Fitness Studio9.30 a.m.Cycling StudioCycling Studio1.130 a.m.Zumba Cold*(45 Min. Class)Fitness Studio10.30 a.m.CXWORX** (30 Min. Class)Fitness Studio5.30 p.m.HITFitness Studio11.51 a.mGENTLE YGGAAerobic Studio5.30 a.m.Cycling StudioS.30 a.m.Cycling StudioS.30 a.m.Cycling Studio5.30 p.m.Step YoneYong StudioS.30 a.m.Cycling StudioS.30 a.m.Cycling Studio5.30 p.m.Step YoneZumba*Fitness Studio9.00 a.m.Cycling StudioS.30 a.m.Fitness Studio5.30 p.m.Cycling StudioS.30 a.m.Cycling Stu		· · · · · · · · · · · · · · · · · · ·				
0-40 p.m. CAWORA** (20 Min. Class)Primess Studio3'D Finess StudioYOGADance Studio7:15 p.m. S30 a.m.BODYFLOW*Fitness Studio7:30 p.m. ZumbaZumbaFitness Studio5:30 a.m. S10 a.m.BODYFLOW*Fitness Studio5:30 a.m. Fitness StudioCycling StudioFitness Studio8:30 a.m. 9:15 a.m.BODYFLOW* (60 Min. Class)Fitness Studio5:30 a.m. S10 a.m.Cycling Cycling StudioFitness Studio9:15 a.m. 10:00 a.m.BODYFLOW* (60 Min. Class)Fitness Studio9:30 a.m. Fitness StudioSilverSneakers*. Circuit (45 Min. Class)Aerobic Studio9:15 a.m. 10:01 a.m.MIT (45 Min. Class)Fitness Studio9:30 a.m. Fitness StudioBODYPUMP* Fitness StudioFitness Studio10:01 a.m. 5:30 p.m.HITT HTM (54 Min. Class)Fitness Studio9:30 a.m. Fitness StudioCycling Studio11:30 a.m. 5:30 p.m.HITT HTM (54 Min. Class)Fitness Studio10:00 a.m. Fitness StudioSilverSneakers* Classic (45 Min. Class)Fitness Studio5:30 p.m.HITT HTM (54 Min. Class)Fitness Studio11:15 a.mGENTLE YOGAAerobic Studio5:30 p.m.VCLECROSS (50 Min. Class)Cycling Studio5:30 a.m. Fitness StudioFitness Studio9:00 a.m.Else. (60 Min. Class)Fitness Studio5:30 p.m.Cycling StudioStudioStudioStudioStudioStudioStudioStudio5:30 a.m.Cycling Studio9:00 a.m.Cycling Studio9:00 a.m.Cycl	-			1		
THESDAT7.30 p.m.ZumbaFitness Studio530 a.m.BODYSTEP*Fitness Studio5.30 a.m.Cycling Studio830 a.m.BODYSTEP*Acrobic Studio5.30 a.m.HIT (45 Min. Class)Fitness Studio8.30 a.m.BODYYLOW* (60 Min. Class)Fitness Studio5.30 a.m.HIT (45 Min. Class)Fitness Studio9.15 a.m.BODYYLOW* (60 Min. Class)Gym8.30 a.m.SilverSneakers*: Circuit (45 Min. Class)Acrobic Studio9.15 a.m.HIT (45 Min. Class)Fitness Studio9.00 a.m.SilverSneakers*: Circuit (45 Min. Class)Acrobic Studio9.15 a.m.SilverSneakers* Cardio (45 Min. Class)Fitness Studio9.30 a.m.CyclingCycling Studio10:15 a.m.SilverSneakers* Cardio (45 Min. Class)Fitness Studio10.00 a.m.SilverSneakers* Classic (45 Min. Class)Acrobic Studio11:30 a.m.Zumba God* (45 Min. Class)Fitness Studio10.30 a.m.CXWORX™ (30 Min. Class)Fitness Studio5:30 p.m.HITFitness Studio10.30 a.m.CXWORX™ (30 Min. Class)Fitness Studio5:30 p.m.JonnBODYPUMP*Fitness Studio7:30 a.m.T.B.C. (60 Min. Class)Fitness Studio7:30 p.m.Zumba*Cycling Studio9:00 a.m.CyclingCycling Studio5:30 a.m.Cycling Studio7:30 a.m.T.B.C. (60 Min. Class)Fitness Studio7:30 a.m.Cycling Studio9:00 a.m.Cycling CordingCycling Studio7:30 a.m.Cycling Studio9:00 a.m.Cycling Cordi	6:40 p.m.		Fitness Studio			
5.30 a.mBODYFLOW®Finess StudioFRDAY5.30 a.m.BODYSTEP*Aerobic Studio5.30 a.m.Cycling Multic Mul		BODYFLOW®	Fitness Studio	-		
5-30 a.mBODYSTEP*Aerobic Studio5:30 a.m.Cycling NuclioCycling Studio8:30 a.m.BODYVLVE 3.1M (45 Min. Class)Fitness Studio5:30 a.m.HITT (45 Min. Class)Fitness Studio9:15 a.m.BODYFLOW * (60 Min. Class)Gym8:30 a.m.Zumba*Fitness Studio9:15 a.m.HITT (45 Min. Class)Fitness Studio9:00 a.m.SilverSneakers* Circuit (45 Min. Class)Aerobic Studio10:00 a.m.Zumba %Fitness Studio9:30 a.m.BODYPUMP*Cycling Studio10:15 a.m.SilverSneakers* Cardio (45 Min. Class)Aerobic Studio9:30 a.m.SilverSneakers* Classic (45 Min. Class)Aerobic Studio13:30 a.m.Zumba Gold* (45 Min. Class)Fitness Studio10:30 a.m.CXCWORX™ (30 Min. Class)Aerobic Studio5:30 p.m.HITFitness Studio10:30 a.m.CXCWORX™ (30 Min. Class)Fitness Studio6:30 p.m.BODYPUMP*Fitness Studio7:30 a.m.T.B.C (60 Min. Class)Fitness Studio7:30 p.m.Zumba*Cycling Studio9:00 a.m.Cycling StudioSitness Studio5:30 a.m.CyclingStudio9:00 a.m.Cycling StudioSitness Studio5:30 a.m.Cycling Studio9:00 a.m.Cycling StudioSitness Studio7:30 p.m.Cycling Studio9:00 a.m.Cycling StudioSitness Studio5:30 a.m.NSANTY™ (40 Min. class)Fitness Studio9:00 a.m.Cycling Studio5:30 a.m.SitnerSneakers* Classic (45 Min. Class)Fitness StudioS				-	Zumba	Fitness Studio
8:30 a.m.BODYVIVE 3.1™ (45 Min. Class)Fitness Studio5:30 a.m.HIIT (45 Min. Class)Fitness Studio9:15 a.m.BODYFLOW * (60 Min. Class)Gym8:30 a.m.Zumba*Fitness Studio9:15 a.m.HIIT (45 Min. Class)Fitness Studio9:00 a.m.SilverSneakers* Circuit (45 Min. Class)Aerobic Studio10:00 a.m.Zumba*Fitness Studio9:30 a.m.BODYPUMP*Fitness Studio10:15 a.m.SilverSneakers* Cardio (45 Min. Class)Aerobic Studio9:30 a.m.CyclingCycling Studio11:30 a.m.Zumba Gold* (45 Min. Class)Fitness Studio10:00 a.m.SilverSneakers* Classic (45 Min. Class)Aerobic Studio5:30 p.m.HIITFitness Studio10:30 a.m.Cycling Min. Class)Fitness Studio6:00 p.m.Cycling Studio5:30 p.m.Stp NoneAerobic Studio7:30 a.m.T.BC. (60 Min. Class)Fitness Studio6:30 p.m.DODYPUMP*Fitness Studio7:30 a.m.T.BC. (60 Min. Class)Fitness Studio7:30 p.m.Zumba*Fitness Studio9:00 a.m.Cycling Cycling StudioS:00 a.m.Cycling Cycling Studio5:30 a.m.CyclingCycling Studio9:00 a.m.YOGADance Studio5:30 a.m.CyclingCycling Studio9:00 a.m.YOGADance Studio5:30 a.m.CyclingCycling Studio9:00 a.m.YOGADance Studio5:30 a.m.CyclingCycling Studio9:00 a.m.YOGADance Studio5:30 a.m.SilverSneake						
SolutionBODYFLOW* (60 Min. Class)Fitness StudioSilverSneakers*: Circuit (45 Min. Class)Fitness Studio9:15 a.m.HIIT (45 Min. Class)Fitness Studio9:30 a.m.BODYPLMP*Fitness Studio10:00 a.m.Zumba*Fitness Studio9:30 a.m.BODYPLMP*Fitness Studio11:30 a.m.SilverSneakers* Cardio (45 Min. Class)Fitness Studio9:30 a.m.CyclingCycling Studio11:30 a.m.Zumba Gold* (45 Min. Class)Fitness Studio10:00 a.m.SilverSneakers* Classic (45 Min. Class)Aerobic Studio5:30 p.m.HIITFitness Studio10:30 a.mCXWORX™ (30 Min. Class)Fitness Studio5:30 p.m.Step N ToneAerobic Studio11:15 a.m.GENTLE YOGAAerobic Studio6:30 p.m.BODYPUMP*Fitness Studio7:30 a.m.T.B.C. (60 Min. Class)Fitness Studio7:30 p.m.Zumba*Fitness Studio8:35 a.m.Zumba* (60 Min. Class)Fitness Studio7:30 p.m.Zumba*Fitness Studio9:00 a.m.CyclingCycling Studio7:30 a.m.CyclingCycling Studio9:00 a.m.CyclingCycling Studio7:30 a.m.T.B.C.Fitness Studio9:00 a.m.YOGADance Studio7:30 a.m.T.B.C.Fitness Studio9:00 a.m.BODYPUMP*Fitness Studio7:30 a.m.T.B.C.Fitness Studio9:00 a.m.BODYPUMP*Fitness Studio7:30 a.m.SilverSneakers* Classic (45 Min. Class)Fitness Studio9:00 a.m.BODYFLOW* <td< td=""><td>5:30 a.m</td><td>BODYSTEP®</td><td>Aerobic Studio</td><td></td><td></td><td></td></td<>	5:30 a.m	BODYSTEP®	Aerobic Studio			
1.15 ml.DOD TLOWGymGym9:15 a.m.HIIT (45 Min. Class)Fitness Studio9:00 a.m.SilverSneakers [®] . Circuit (45 Min. Class)Aerobic Studio10:00 a.m.Zumba [®] SilverSneakers [®] Cardio (45 Min. Class)Aerobic Studio9:30 a.m.BODYPUMP [®] Fitness Studio10:15 a.m.SilverSneakers [®] Cardio (45 Min. Class)Fitness Studio9:30 a.m.CyclingCyclingStudio11:30 a.m.Zumba Gold [®] (45 Min. Class)Fitness Studio10:30 a.m.CyUngStevrSneakers [®] Classic (45 Min. Class)Aerobic Studio5:30 p.m.HIITFitness Studio10:30 a.m.CXWORX™ (30 Min. Class)Fitness Studio6:00 a.m.SATURDAY6:30 p.m.Step N ToneAerobic Studio7:30 a.m.T.B.C. (60 Min. Class)Fitness Studio6:30 p.m.BODYPUMP [®] Fitness Studio7:30 a.m.T.B.C. (60 Min. Class)Fitness Studio7:30 a.m.Cycling StudioSatunba [®] 6:00 a.m.YOGADance Studio7:30 a.m.T.B.C.Cycling Studio9:00 a.m.YOGADance Studio7:30 a.m.T.B.C.Fitness Studio9:00 a.m.BODYPUMP [®] Fitness Studio9:30 a.m.CyclingCycling Studio9:00 a.m.BODYPUMP [®] Fitness Studio9:30 a.m.StoresFitness Studio9:00 a.m.BODYPLOW [®] Fitness Studio9:30 a.m.NSANITY™ (30 Min. Class)Fitness Studio9:00 a.m.BODYPLOW [®] Fitness Studio9:30 a.m.SilverSneakers [®] C	8:30 a.m.	BODYVIVE 3.1™ (45 Min. Class)	Fitness Studio			
11.1 (1)Inft (1)Fitnes Studio9:30 a.m.BODYPUMP®Fitness Studio10:00 a.m.Zumba Gold® (45 Min. Class)Aerobic Studio9:30 a.m.CyclingCyclingCycling Studio11:30 a.m.Zumba Gold® (45 Min. Class)Fitness Studio10:00 a.m.SilverSneakers® Classic (45 Min. Class)Aerobic Studio5:30 p.m.HIITFitness Studio10:00 a.m.SilverSneakers® Classic (45 Min. Class)Fitness Studio5:30 p.m.Step N ToneAerobic Studio11:15 a.mGENTLE YOGAAerobic Studio6:00 p.m.CYCLECROSS (50 Min. Class)Cycling StudioSATURDAYFitness Studio7:30 a.m.T.B.C. (60 Min. Class)Fitness Studio6:30 p.m.BODYPUMP®Fitness Studio7:30 a.m.T.B.C. (60 Min. Class)Fitness StudioFitness Studio7:30 p.m.Zumba®CyclingFitness Studio9:00 a.m.CyclingCycling Studio5:30 a.m.CyclingCycling Studio9:00 a.m.CyclingCycling Studio5:30 a.m.T.B.C.Fitness Studio9:40 a.m.BODYPUMP®Fitness Studio9:30 a.m.BODYCOMBAT™Fitness Studio9:00 a.m.BODYPUMP®Fitness Studio9:30 a.m.BODYPUMP® (30 Min. Class)Fitness Studio10:00 a.m.BODYPUMP®Fitness Studio9:30 a.m.BODYPUMP® (30 Min. Class)Fitness Studio10:00 a.m.CXWORX™ (30 Min. Class)Fitness Studio10:05 a.m.BODYPUMP® (50 Min. Class)Fitness Studio10:00 a.m.INSANITY™ /AI	9:15 a.m.	BODYFLOW [®] (60 Min. Class)	Gym	8:30 a.m.		
10:00 a.m. 10:15 a.m.Lamba SilverSneakers* Cardio (45 Min. Class)Fitness Studio9:30 a.m. 0:00 a.m.CyclingCycling Studio11:30 a.m. 5:30 p.m.Zumba Gold* (45 Min. Class)Aerobic Studio9:30 a.m.CyvelingCxwORX™ (30 Min. Class)Aerobic Studio5:30 p.m.HIITFitness Studio10:30 a.m.CXWORX™ (30 Min. Class)Fitness Studio5:30 p.m.Step N ToneAerobic Studio11:15 a.m.GENTLE YOGAAerobic Studio6:00 p.m.CYCLECROSS (50 Min. Class)Cycling StudioSATURDAYFitness Studio7:30 a.m.T.B.C. (60 Min. Class)Fitness Studio6:30 p.m.BODYPUMP*Fitness Studio7:30 a.m.T.B.C. (60 Min. Class)Fitness Studio7:30 p.m.Zumba*Fitness Studio7:30 a.m.CyclingCycling Studio5:30 a.m.CyclingCycling Studio8:35 a.m.Zumba * (60 Min. Class)Fitness Studio9:30 a.m.CyclingCycling Studio9:00 a.m.CyclingCycling Studio5:30 a.m.CyclingCycling Studio9:00 a.m.CyclingCycling Studio9:30 a.m.CyclingCycling Studio9:00 a.m.BODYPUMP*Fitness Studio9:30 a.m.NSANITY™ (30 Min. class)Fitness Studio9:00 a.m.BODYFLOW*Fitness Studio9:30 a.m.NSANITY™ (30 Min. class)Fitness Studio9:00 a.m.BODYFLOW*Fitness Studio10:00 a.m.SilverSneakers* Classic (45 Min. Class)Fitness Studio10:00 a.m.BODYFLOW* <td>9:15 a.m.</td> <td>HIIT (45 Min. Class)</td> <td>Fitness Studio</td> <td>9:00 a.m.</td> <td>· · · · · · · · · · · · · · · · · · ·</td> <td>Aerobic Studio</td>	9:15 a.m.	HIIT (45 Min. Class)	Fitness Studio	9:00 a.m.	· · · · · · · · · · · · · · · · · · ·	Aerobic Studio
11:30 a.m.Zumba Gold® (45 Min. Class)Fitness Studio10:00 a.m.SilverSneakers® Classic (45 Min. Class)Aerobic Studio5:30 p.m.HIITFitness Studio10:30 a.m.CXWORX™ (30 Min. Class)Fitness Studio5:30 p.m.Step N ToneAerobic Studio11:15 a.m.GENTLE YOGAAerobic Studio6:00 p.m.CYCLECROSS (50 Min. Class)Cycling StudioSATURDAYFitness StudioFitness Studio7:30 p.m.BODYPUMP®Fitness Studio7:30 a.m.T.B.C. (60 Min. Class)Fitness Studio7:30 p.m.Zumba®Fitness Studio8:35 a.m.Zumba® (60 Min. Class)Fitness Studio5:30 a.m.CyclingCycling Studio9:00 a.m.CyclingCycling Studio5:30 a.m.CyclingCycling Studio9:00 a.m.YOGADance Studio5:30 a.m.CyclingCycling Studio9:00 a.m.BODYPUMP®Fitness Studio5:30 a.m.CyclingCycling Studio9:00 a.m.YOGADance Studio8:30 a.m.BODYCOMBAT™Fitness Studio9:00 a.m.BODYPUMP®Fitness Studio9:30 a.m.NSANITY™ (30 Min. class)Fitness Studio10:00 a.m.BODYFLOW®Fitness Studio10:05 a.m.BODYPUMP® (50 Min. Class)Fitness Studio10:00 a.m.CXWORX™ (30 Min. Class)Fitness Studio10:05 a.m.BODYPUMP® (50 Min. Class)Fitness Studio10:30 a.m.INSANITY™ (30 Min. Class)Fitness Studio11:15 a.m.YOGAFitness Studio10:30 a.m.INSANITY	10:00 a.m.	Zumba®	Fitness Studio	9:30 a.m.		Fitness Studio
5:30 p.m.HIITFitness Studio10:30 a.m.CXWORXTM (30 Min. Class)Fitness Studio5:30 p.m.Step N ToneAerobic Studio11:15 a.m.GENTLE YOGAAerobic Studio6:30 p.m.BODYPUMP®Fitness Studio7:30 a.m.T.B.C. (60 Min. Class)Fitness Studio6:30 p.m.BODYPUMP®Fitness Studio7:30 a.m.T.B.C. (60 Min. Class)Fitness Studio7:30 p.m.Zumba®CyclingFitness Studio7:30 a.m.T.B.C. (60 Min. Class)Fitness Studio5:30 a.m.CyclingCyclingStudio9:00 a.m.CyclingCyclingCycling5:30 a.m.CyclingCycling Studio9:00 a.m.YOGADance Studio9:30 a.m.BODYCOMBAT™Fitness Studio9:00 a.m.BODYPUMP®Fitness Studio9:30 a.m.INSANITY™ (30 Min. class)Fitness Studio9:00 a.m.BODYFLOW®Fitness Studio9:30 a.m.INSANITY™ (30 Min. class)Fitness Studio9:00 a.m.BODYFLOW®Fitness Studio9:30 a.m.BODYPUMP® (50 Min. class)Fitness Studio9:00 a.m.BODYFLOW®Fitness Studio10:00 a.m.BODYPUMP® (50 Min. Class)Fitness Studio1:0:00 a.m.BODYFLOW®Fitness Studio11:15 a.m.VOCAFitness StudioFitness Studio1:30 a.m.INSANITY™ /AUT(45 Min. Class)Fitness Studio11:15 a.m.OOCAFitness StudioFitness StudioFitness StudioFitness Studio10:00 a.m.BODYFLOW®Fitness StudioFitnes	10:15 a.m.	SilverSneakers® Cardio (45 Min. Class)	Aerobic Studio			Cycling Studio
5:30 p.m.Step N ToneAerobic Studio11:15 a.m.GENTLE YOGAAerobic Studio $6:00 p.m.$ CYCLECROSS (50 Min. Class)Cycling StudioSATURDAYFitness StudioFitness	11:30 a.m.	Zumba Gold [®] (45 Min. Class)	Fitness Studio	10:00 a.m.	SilverSneakers® Classic (45 Min. Class)	Aerobic Studio
6:00 p.m. 0:30 p.m.CYCLECROSS (50 Min. Class)Cycling StudioSATURDAY6:30 p.m.BODYPUMP*Fitness Studio7:30 a.m.T.B.C. (60 Min. Class)Fitness Studio7:30 p.m.Zumba*Zumba*Fitness Studio8:35 a.m.Zumba* (60 Min. Class)Fitness Studio7:30 p.m.Zumba*CyclingCycling Studio9:00 a.m.CyclingCycling Studio5:30 a.m.CyclingCycling Studio9:00 a.m.YOGADance Studio5:30 a.m.T. B.C.Fitness Studio9:40 a.m.BODYPUMP*Fitness Studio8:30 a.m.BODYCOMBAT™Fitness Studio9:40 a.m.BODYPUMP*Fitness Studio9:30 a.m.CyclingCycling StudioSUNDAYFitness Studio9:00 a.m.Fitness Studio9:30 a.m.INSANITY™ (30 Min. class)Fitness Studio9:00 a.m.BODYFLOW*Fitness Studio10:05 a.m.BODYPUMP* (50 Min. Class)Fitness Studio9:00 a.m.CXWORX™ (30 Min. Class)Fitness Studio10:00 a.m.SilverSneakers* Classic (45 Min. Class)Aerobic Studio10:30 a.m.INSANITY™ /HIIT(45 Min. Class)Fitness Studio11:15 a.m.YOGAFitness StudioCycling StudioCycling StudioSUNDA*Fitness Studio5:30 p.m.BODYCOMBAT*Fitness StudioCycling StudioSUNDA*Fitness Studio5:30 p.m.CyclingCycling StudioCycling StudioFitness Studio5:30 p.m.CyclingCycling StudioFitness StudioFitness Studio	5:30 p.m.	HIIT	Fitness Studio	10:30 a.m	CXWORX [™] (30 Min. Class)	Fitness Studio
6:30 p.m.BODYPUMP®Fitness Studio7:30 a.m.T.B.C. (60 Min. Class)Fitness Studio7:30 p.m.Zumba®Fitness Studio8:35 a.m.Zumba® (60 Min. Class)Fitness StudioWEDNESDAY9:00 a.m.CyclingCycling Studio9:00 a.m.YOGADance Studio5:30 a.m.CyclingCycling Studio9:00 a.m.YOGADance Studio5:30 a.m.T. B.C.Fitness Studio9:40 a.m.BODYPUMP®Fitness Studio8:30 a.m.BODYCOMBAT™Fitness Studio9:40 a.m.BODYPUMP®Fitness Studio9:30 a.m.CyclingCycling StudioSUNDAYFitness StudioFitness Studio9:30 a.m.INSANITY™ (30 Min. class)Fitness Studio9:00 a.m.BODYFLOW®Fitness Studio10:05 a.m.BODYPUMP® (50 Min. Class)Fitness Studio10:00 a.m.CXWORX™ (30 Min. Class)Fitness Studio10:00 a.m.SilverSneakers® Classic (45 Min. Class)Aerobic Studio10:30 a.m.INSANITY™ /HIIT(45 Min. Class)Fitness Studio11:15 a.m.YOGAFitness StudioFitness Studio10:30 a.m.INSANITY™ /HIIT(45 Min. Class)Fitness Studio5:30 p.m.BODYCOMBAT®Fitness StudioCycling StudioSitness StudioSitness StudioSitness Studio5:30 p.m.T.B.C (60 Min. Class)GymCycling StudioSitness StudioSitness StudioSitness StudioSitness Studio5:45 p.m.T.B.C (60 Min. Class)GymFitness StudioFitness StudioSitness Studio </td <td>5:30 p.m.</td> <td>Step N Tone</td> <td>Aerobic Studio</td> <td>11:15 a.m</td> <td>GENTLE YOGA</td> <td>Aerobic Studio</td>	5:30 p.m.	Step N Tone	Aerobic Studio	11:15 a.m	GENTLE YOGA	Aerobic Studio
$7:30 \text{ p.m.}$ Zumba $^{\oplus}$ Fitness StudioFitness StudioFitness Studio $7:30 \text{ p.m.}$ CyclingFitness Studio $9:35 \text{ a.m.}$ Zumba $^{\oplus}$ (60 Min. Class)Fitness Studio $9:30 \text{ a.m.}$ CyclingCycling Studio $9:00 \text{ a.m.}$ CyclingCycling Studio $5:30 \text{ a.m.}$ T. B.C.Fitness Studio $9:00 \text{ a.m.}$ BODYPUMP*Fitness Studio $8:30 \text{ a.m.}$ BODYCOMBAT TM Fitness Studio $9:40 \text{ a.m.}$ BODYPUMP*Fitness Studio $9:30 \text{ a.m.}$ CyclingCycling Studio $9:40 \text{ a.m.}$ BODYFLOW**Fitness Studio $9:30 \text{ a.m.}$ CyclingCycling Studio $9:00 \text{ a.m.}$ BODYFLOW**Fitness Studio $9:30 \text{ a.m.}$ INSANITYTM (30 Min. class)Fitness Studio $9:00 \text{ a.m.}$ BODYFLOW**Fitness Studio $10:00 \text{ a.m.}$ INSANITYTM (30 Min. class)Fitness Studio $10:00 \text{ a.m.}$ CXWORXTM (30 Min. Class)Fitness Studio $10:00 \text{ a.m.}$ BODYSTEP*Fitness Studio $10:30 \text{ a.m.}$ INSANITYTM /HIIT (45 Min. Class)Fitness Studio $1:30 \text{ p.m.}$ BODYSTEP*Fitness StudioGym $-5:30 \text{ p.m.}$ T.B.C (60 Min. Class)Gym $-5:45 \text{ p.m.}$ T.B.C (60 Min. Class)Fitness Studio $5:45 \text{ p.m.}$ T.B.C (60 Min. Class)GymGym $-5:45 \text{ p.m.}$ T.B.C (60 Min. Class)Fitness Studio $6:40 \text{ p.m.}$ CXWORXTM (30 Min. Class)Fitness Studio $-5:15 \text{ p.m.}$ T.B.C (60 Min. Class)Fitness Studio $7:$	6:00 p.m.	CYCLECROSS (50 Min. Class)	Cycling Studio	SATURDAY		
MeDNESDAYInitial for this class)Initial for this class)Side a.m.CyclingCycling Studio $5:30 a.m.$ T. B.C.Fitness Studio $9:00 a.m.$ YOGADance Studio $8:30 a.m.$ BODYCOMBAT TM Fitness Studio $9:30 a.m.$ CyclingCycling Studio $9:30 a.m.$ CyclingCycling Studio $9:30 a.m.$ Cycling Min. class)Fitness Studio $9:30 a.m.$ SODYPUMP®Cycling Studio $9:30 a.m.$ SODYPUMP®Cycling Studio $9:30 a.m.$ SODYPUMP®Cycling Studio $9:30 a.m.$ SODYPUMP®Cycling Studio $9:30 a.m.$ SODYFLOW®Fitness Studio $9:30 a.m.$ SODYFLOW®Fitness Studio $10:05 a.m.$ BODYPUMP® (50 Min. class)Fitness Studio $10:00 a.m.$ SIVERSTER®Classic (45 Min. Class)Fitness Studio $10:00 a.m.$ SIVENDAYSINGO a.m.CXWORXTM (30 Min. Class)Fitness Studio $10:00 a.m.$ SIVENDAYSIVENDAY $9:00 a.m.$ SODYFLOW®Fitness Studio $10:00 a.m.$ SINTYTM ///// SINTYTM ///////////////////////////////////	6:30 p.m.	BODYPUMP®	Fitness Studio	7:30 a.m.	T.B.C. (60 Min. Class)	Fitness Studio
5:30 a.m.CyclingCycling Studio9:00 a.m.YOGADance Studio5:30 a.m.T. B.C.Fitness Studio9:00 a.m.YOGADance Studio8:30 a.m.BODYCOMBAT™Fitness Studio9:40 a.m.BODYPUMP®Fitness Studio9:30 a.m.CyclingCycling StudioSUNDAYFitness StudioFitness Studio9:30 a.m.INSANITY™ (30 Min. class)Fitness Studio9:00 a.m.BODYFLOW®Fitness Studio10:05 a.m.BODYPUMP® (50 Min. Class)Fitness Studio10:00 a.m.CXWORX™ (30 Min. Class)Fitness Studio11:15 a.m.YOGAFitness Studio10:00 a.m.CXWORX™ (30 Min. Class)Fitness Studio11:15 a.m.YOGAFitness Studio10:30 a.m.INSANITY™ /HIIT(45 Min. Class)Fitness Studio13:30 p.m.BODYCOMBAT®Fitness StudioI0:30 a.m.INSANITY™ /HIIT(45 Min. Class)Fitness Studio5:30 p.m.BODYCOMBAT®Fitness StudioFitness StudioFitness StudioFitness Studio5:30 p.m.CyclingCycling StudioFitness StudioFitness StudioFitness Studio5:45 p.m.T.B.C (60 Min. Class)GymFitness StudioFitness Studio6:40 p.m.CXWORX™ (30 Min. Class)Fitness StudioFitness Studio7:15 p.m.BODYELOW®Fitness StudioFitness Studio	7:30 p.m.	Zumba [®]	Fitness Studio	8:35 a.m.	Zumba [®] (60 Min. Class)	Fitness Studio
5:30 a.m.T. B.C.Fitness Studio9:00 a.m.FOCADate: Studio8:30 a.m.BODYCOMBAT™Fitness Studio9:40 a.m.BODYPUMP®Fitness Studio9:30 a.m.CyclingCyclingCycling StudioSUNDAY9:30 a.m.INSANITY™ (30 Min. class)Fitness Studio9:00 a.m.BODYFLOW®Fitness Studio10:05 a.m.BODYPUMP® (50 Min. class)Fitness Studio9:00 a.m.BODYFLOW®Fitness Studio10:00 a.m.SilverSneakers® Classic (45 Min. Class)Fitness Studio10:00 a.m.CXWORX™ (30 Min. Class)Fitness Studio11:15 a.m.YOGAFitness StudioFitness StudioINSANITY™ /HIIT(45 Min. Class)Fitness Studio11:15 a.m.YOGAFitness StudioFitness StudioINSANITY™ /HIIT(45 Min. Class)Fitness Studio5:30 p.m.BODYCOMBAT®Fitness StudioFitness StudioINSANITY™ /HIIT(45 Min. Class)Fitness Studio5:30 p.m.CyclingCycling StudioFitness StudioINSANITY™ /HIIT(45 Min. Class)Fitness Studio5:45 p.m.T.B.C (60 Min. Class)GymFitness StudioFitness StudioINSANITY™ /HIIT(45 Min. Class)INSANITY™ /HIIT(45 Min. Class)6:40 p.m.CXWORX™ (30 Min. Class)Fitness StudioFitness StudioINSANITY™ (30 Min. Class)INSANITY™ (30 Min. Class)INSANITY™ (30 Min. Class)7:15 p.m.BODYFLOW®Fitness StudioFitness StudioFitness StudioINSANITY™ (30 Min. Class)Fitness Studio7:15 p.m.BODYFLOW®Fitness Studio	WEDNESDAY			9:00 a.m.	Cycling	Cycling Studio
8:30 a.m.BODYCOMBAT™Fitness StudioBODYPOMPFitness Studio9:30 a.m.CyclingCycling StudioSUNDAY9:30 a.m.INSANITY™ (30 Min. class)Fitness Studio9:00 a.m.BODYFLOW®10:05 a.m.BODYPUMP® (50 Min. class)Fitness Studio10:00 a.m.CXWORX™ (30 Min. class)Fitness Studio10:00 a.m.SilverSneakers® Classic (45 Min. Class)Aerobic Studio10:00 a.m.CXWORX™ (30 Min. Class)Fitness Studio11:15 a.m.YOGAFitness Studio10:30 a.m.INSANITY™ /HIIT(45 Min. Class)Fitness Studio4:30 p.m.BODYCOMBAT®Fitness Studio10:30 a.m.INSANITY™ /HIIT(45 Min. Class)Fitness Studio5:30 p.m.BODYCOMBAT®Fitness StudioCycling StudioFitness StudioFitness Studio5:45 p.m.T.B.C (60 Min. Class)GymFitness StudioFitness Studio6:40 p.m.CXWORX™ (30 Min. Class)Fitness StudioFitness Studio7:15 p.m.BODYELOW®Eitness StudioFitness Studio	5:30 a.m.	Cycling	Cycling Studio	9:00 a.m.	YOGA	Dance Studio
9:30 a.m.CyclingCycling Studio Fitness StudioSUNDAY9:30 a.m.INSANITY™ (30 Min. class)Fitness Studio9:00 a.m.BODYFLOW®Fitness Studio10:05 a.m.BODYPUMP® (50 Min. Class)Fitness Studio10:00 a.m.CXWORX™ (30 Min. Class)Fitness Studio10:00 a.m.SilverSneakers® Classic (45 Min. Class)Aerobic Studio10:00 a.m.CXWORX™ (30 Min. Class)Fitness Studio11:15 a.m.YOGAFitness Studio10:30 a.m.INSANITY™ /HIIT(45 Min. Class)Fitness Studio4:30 p.m.BODYSTEP®Fitness StudioFitness Studio10:30 a.m.INSANITY™ /HIIT(45 Min. Class)Fitness Studio5:30 p.m.BODYCOMBAT®Fitness StudioCycling Studio5:30 p.m.CyclingCycling StudioFitness Studio5:45 p.m.T.B.C (60 Min. Class)GymFitness StudioFitness StudioFitness StudioFitness Studio6:40 p.m.CXWORX™ (30 Min. Class)Fitness StudioFitness StudioFitness Studio7:15 p.m.BODYFLOW®Fitness StudioFitness Studio	5:30 a.m.	T. B.C.	Fitness Studio	9:40 a.m.	BODYPUMP®	Fitness Studio
9:30 a.m.INSANITY™ (30 Min. class)Fitness Studio9:00 a.m.BODYFLOW®Fitness Studio10:05 a.m.BODYPUMP® (50 Min. Class)Fitness Studio9:00 a.m.BODYFLOW®Fitness Studio10:00 a.m.SilverSneakers® Classic (45 Min. Class)Aerobic Studio10:00 a.m.CXWORX™ (30 Min. Class)Fitness Studio11:15 a.m.YOGAFitness Studio10:30 a.m.INSANITY™ /HIIT(45 Min. Class)Fitness Studio4:30 p.m.BODYSTEP®Fitness StudioFitness Studio5:30 p.m.Gym5:30 p.m.BODYCOMBAT®Fitness StudioCycling StudioFitness Studio5:45 p.m.T.B.C (60 Min. Class)GymFitness StudioFitness Studio6:40 p.m.CXWORX™ (30 Min. Class)Fitness StudioFitness Studio7:15 p.m.BODYFLOW®Fitness StudioFitness Studio	8:30 a.m.		Fitness Studio			
10:05 a.m.BODYPUMP® (50 Min. Class)Fitness Studio9:00 a.m.BODYPLOW®Fitness Studio10:00 a.m.SilverSneakers® Classic (45 Min. Class)Aerobic Studio10:00 a.m.CXWORX™ (30 Min. Class)Fitness Studio11:15 a.m.YOGAFitness Studio10:30 a.m.INSANITY™ /HIIT(45 Min. Class)Fitness Studio4:30 p.m.BODYCOMBAT®Fitness Studio10:30 a.m.INSANITY™ /HIIT(45 Min. Class)Fitness Studio5:30 p.m.BODYCOMBAT®Fitness StudioCycling Studio5:45 p.m.T.B.C (60 Min. Class)Gym6:40 p.m.CXWORX™ (30 Min. Class)Fitness StudioFitness Studio7:15 p.m.BODYFLOW®Fitness Studio	9:30 a.m.	Cycling	Cycling Studio	SUNDAY		
10:05 a.m. BODYPUMP® (50 Min. Class) Fitness Studio 10:00 a.m. SilverSneakers® Classic (45 Min. Class) Aerobic Studio 11:15 a.m. YOGA Fitness Studio 4:30 p.m. BODYSTEP® Fitness Studio 5:30 p.m. BODYCOMBAT® Fitness Studio 5:30 p.m. Cycling Cycling Studio 5:45 p.m. T.B.C (60 Min. Class) Fitness Studio 6:40 p.m. CXWORX™ (30 Min. Class) Fitness Studio 7:15 n.m. BODYFLOW® Fitness Studio	9:30 a.m.		Fitness Studio	9:00 a.m.	BODYFLOW®	Fitness Studio
10:00 a.m. SilverSneakers® Classic (45 Min. Class) Aerobic Studio 11:15 a.m. YOGA Fitness Studio 4:30 p.m. BODYSTEP® Fitness Studio 5:30 p.m. BODYCOMBAT® Fitness Studio 5:30 p.m. Cycling Cycling Studio 5:45 p.m. T.B.C (60 Min. Class) Gym 6:40 p.m. CXWORX TM (30 Min. Class) Fitness Studio 7:15 n.m. BODYFLOW® Fitness Studio						
11:15 a.m.YOGAFitness Studio4:30 p.m.BODYSTEP®Fitness Studio5:30 p.m.BODYCOMBAT®Fitness Studio5:30 p.m.CyclingCycling Studio5:45 p.m.T.B.C (60 Min. Class)Gym6:40 p.m.CXWORX TM (30 Min. Class)Fitness Studio7:15 p.m.BODYFL OW®Fitness Studio	10:00 a.m.	SilverSneakers [®] Classic (45 Min. Class)	Aerobic Studio			
5:30 p.m.BODYCOMBAT®Fitness Studio5:30 p.m.CyclingCycling Studio5:45 p.m.T.B.C (60 Min. Class)Gym6:40 p.m.CXWORX TM (30 Min. Class)Fitness Studio7:15 p.m.BODYFLOW®Fitness Studio				10.00		T THESS Studio
5:30 p.m.CyclingCycling Studio5:45 p.m.T.B.C (60 Min. Class)Gym6:40 p.m.CXWORX TM (30 Min. Class)Fitness Studio7:15 p.m.BODYFLOW [®] Fitness Studio	-					
5:45 p.m. T.B.C (60 Min. Class) Gym 6:40 p.m. CXWORX™ (30 Min. Class) Fitness Studio 7:15 p.m. BODYFLOW [®] Fitness Studio	-					
6:40 p.m. CXWORX [™] (30 Min. Class) Fitness Studio 7:15 p.m. BODYFLOW [®] Fitness Studio	-					
7:15 m BODYFLOW [®] Fitness Studio	-		•			
7:15 p.m. BODYFLOW [®] Fitness Studio *All Cycling & PUMP classes need to nick un ticket 30 minutes prior to each class.	-					
	7:15 p.m.	BODYFLOW®	Fitness Studio	*All Cvcling & F	PUMP classes need to pick up ticket 30 minute	s prior to each class.

*All Cycling & PUMP classes need to pick up ticket 30 minutes prior to each class! No need to call the fitness center to reserve bikes.

LES MILLS LAUNCH WEEK OF OCTOBER 3RD (NEW PROGRAMS AND NEW MOVES)

ALL CLASSES FREE TO MEMBERS! Racquet and Pool members may \$50 per session NON-MEMBERS: Group Exercise Classes; \$90R/\$100NR per session Guaranteed Cycling: \$90R/\$100NR per session (2 guaranteed classes per week) Guest Pass/Pay As You Go- \$10

STRENGTH CLASSES

Classes designed to build strength and endurance.

BODYPUMP

This 60-minute workout challenges all your major muscle groups by using the best weight room exercises. Great music, great exercises and motivating instructors will inspire you to get the results you are looking. Body Pump will shape and tone muscles, improve fitness and well being, increase bone density, burn up to 560 calories per class, and give you a sense of achievement!

This 30 minute class targets the torso and muscles that connect your upper body to your lower body. It's ideal for tightening your tummy and your butt, while improving functional strength and assisting in injury prevention. If you are looking for a short, sharp workout that'll inspire you to the next level of fitness, while strengthening and toning your body. Not your ordinary workout that includes core training, strength training, functional fitness, awesome music, and all the benefits of group exercise led by educated and fitness professionals.

TOTAL BODY CONDITIONING (TBC)

With Total Body Conditioning, you will work all major muscle groups. This class will bring out the "Inner" athlete in everyone; athletic cardio, agility, strength, plyometric, and solid core progressions. Develop your weaknesses and heighten your strengths in this motivating workout.

CARDIO WORKOUTS

BODYATTACK

A sports-inspired cardio workout that's all about improving your speed, fitness, strength, agility and stamina. This high-energy interval training class combines athletic aerobic movements with strength and stabilization exercises. Powerful music motivates everyone towards their fitness goals - from the weekend athlete to the hard-core competitor!

During this ultimate warrior workout, you'll strike, punch, kick and kata your way through calories to superior cardio fitness. This fiercely energetic program is inspired by mixed martial arts and draws from a wide array of disciplines such as karate, boxing, taekwondo, tai chi and muay thai. No equipment is needed for the class, just bring a towel, a water bottle and your inner warrior!

VGROUP CYCLING

A group exercise class performed on stationary bikes while an instructor simulates hill climbing, sprints, and races. It is truly a fantastic cardiovascular workout. The instructor along with the people around you will keep you motivated and coming back. Please bring water and a towel!

INSANITY

A cardio based, total body conditioning workout based on the principles of max interval training. Long bursts of anaerobic work with short periods of recovery with just enough rest to get you ready for the next interval.

DANCE CARDIO

The latest and greatest dance moves incorporated into a heart racing cardio workout

SVMBA

Working out can be fun and beneficial. This one-hour calorie-burning, heart-racing, muscle-pumping, body-energizing, workout uses hypnotic Latin rhythms and easy to follow moves to create a dynamic workout. Get the party started!

CARDIO/STRENGTH COMBO CLASSES

A wide variety of cardio and strength in the same Class

BODYVIVE¹⁶ 3.1 is the optimal mix of strength, cardio and core training. Step into a class that can be sure you're heading into one of safest and most effective workouts around - it's been developed by a team of leading fitness professionals. The mix of lunges, squats, running and tubing exercises with great music leave you fizzing with energy and feeling great.

♦CYCLECROSS

Looking for a change to your current workout. Like cycling class but enjoy the benefits of the other types of classes then this class is the one for you. The class will follow a TABATA format of 20sec of intensity and 10sec rest format using intervals on and off the bike. This class is open to anyone looking for a challenge or change to their current workout. When not performing on the bike members will engage in body weight or small equipment that will challenge all fitness levels. Modifications are available for all the exercises.

♥HIIT

High intensity interval training, or HIIT training, is an interval workout that has been around for decades. The HIIT routine includes intervals of high intensity exercises, followed by recovery intervals of light to moderate intensity exercises. This training involves pushing yourself to do intense exercise intervals, and can provide many advantages to your strength, endurance and overall fitness ability.

*****STEP N TONE

This class is a great cardio workout to ensure a good burn of calories and a good muscle toning. After a few minutes of cardio routine follows a range of exercises for toning the upper body, arms, shoulders, legs, thighs and abdomen.

BODYSTEP

Thanks to the cardio blocks that push fat burning systems into high gear, BODYSTEP will get your heart rate up and increase cardio fitness. Burn calories, tone and shape your butt and legs. Improve coordination and agility.

MIND-BODY CLASSES Strength, Balance & Calm

BODYFLOW.

A yoga, Tai Chi and Pilates workout that builds flexibility and strength, leaving you feeling centered and calm. Controlled breathing, concentration and a carefully structured series of stretches, moves and poses create a holistic workout that brings the body into a state of harmony and balance.

♥YOGA

"Strengthen, relax, & breathe." This class will connect our breath and yoga postures, in an athletic vinyasa flow, that will leave you energized and refreshed. Come explore the many benefits Yoga can offer. All levels welcome!

LOW INTENSITY FITNESS CLASSES

Designed for the Senior population, but all ages are welcome

<u>VSILVER SNEAKERS CLASSIC</u>-Have fun and move to music. This class is designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing and balls are offered for resistance; and chair is used for seating and standing support.

<u>vSILVER SNEAKERS-CIRCUIT-</u> Combine fun with fitness. This class is designed to promote cardiovascular and muscular strength through non-impact choreography. Class focuses on the benefits of circuit training to increase cardiovascular and muscular strength without increasing the risk.

VSILVER SNEAKERS-CARDIO- Get up and go. This class includes easy-to-follow low impact movement, and upper body strength, abdominal conditioning, stretching and relaxation exercises designed to energize your active lifestyle.

🌍 ZVMBA

A series of fitness programs specifically designed to take the exciting Latin and International dance rhythms created in Zumba and bring them to the active older adult, the beginner participant and other special populations that may need modifications for success. It is fun, different, easy and effective. It's great for the mind, body and soul of this expanding, active older population

KIDS CLASSES

VKARDIO KIDS- Ages 5-10yrs old. (30 minute class) Join us for a fun and exciting fundamental movement based program. **VKIDS YOGA-** Ages 5-10yrs old. (30 minute class)

Any questions please feel free to contact Jeff Book 898-3102 ext. 36 or jbook@hempfieldrec.com