

# SUMMER 2017 FITNESS SCHEDULE



\* Updated: 15 May 2017  
\* Fall schedule begins: Aug 21

SUMMER FITNESS: MAY 30-AUG 4  
No classes July 4

Pass Prices

\$4 single

\$40 unlimited mind/body & cycle combo

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Rec Hours: 6am-8pm</b> <b>7:30-8:15am</b> ② \$\$ Cycle 45 w/ Chiara  <b>9:00-10:00am</b> ④ \$\$ Vinyasa w/ Norelle  <b>9:45-10:45pm</b> ② \$\$ Cycle 30 & Core w/ Shea  <b>11:00-11:45am</b> ① Boot Camp w/ Shea <b>11:00am-12:00pm</b> ④ \$\$ Vinyasa 60 w/ Theresa  <b>12:15-1:15pm</b> ② \$\$ Cycle 30 & Core w/ Bethany <b>12:15-1:30pm</b> ④ \$\$ All Levels Hatha w/ Michael  <b>4:00pm-5:00pm</b> ① Sculpt & Core w/ Lauren  <b>5:15-6:15pm</b> ① Zumba w/ Lauren <b>5:15-6:00pm</b> ② \$\$ Cycle 45 w/ Clarissa <b>5:15-6:30pm</b> ④ \$\$ Vinyasa w/ Kyrie  <b>6:30-7:30pm</b> ① Boot Camp w/ Taryn  <b>6:30-7:15pm</b> ② Tabata w/ Pam	<b>Rec Hours: 6am-8pm</b> <b>7:30-8:15am</b> ① Barbell Pump w/ Chiara  <b>9:00-10:15am</b> ④ \$\$ Vinyasa w/ Maddie  <b>9:45-10:30am</b> ① Sculpt w/ Shea  <b>10:45-11:30am</b> ② \$\$ Cycle 45 w/ Shea  <b>11:00am-12:00pm</b> ④ \$\$ Vinyasa 60 w/ Norelle  <b>12:15-1:00pm</b> ① Tabata w/ Rae <b>12:15-1:00pm</b> ② \$\$ Cycle 45 w/ Bethany  <b>4:15pm-5:15pm</b> ① Barbell Pump & Core w/ Clarissa  <b>5:15-6:30pm</b> ④ \$\$ Vinyasa w/ Kyrie  <b>5:30-6:15pm</b> ① Battleropes w/ Pam <b>5:30-6:15pm</b> ② \$\$ Cycle 45 w/ Clarissa  <b>6:30-7:30pm</b> ① TNT Kickboxing w/ Pam  <b>6:30-7:15pm</b> ② Sculpt w/ Chiara  <b>6:45-7:45pm</b> ④ \$\$ Restorative w/ Kyrie	<b>Rec Hours: 6am-8pm</b> <b>7:30-8:15am</b> ① Sculpt & Core w/ Taylor <b>7:30-8:15am</b> ② \$\$ Cycle 45 w/ Chiara  <b>9:00-10:15am</b> ④ \$\$ Vinyasa w/ Maddie  <b>9:45-10:45am</b> ② \$\$ Cycle 30 & Core w/ Shea  <b>11:00-11:45am</b> ① Boot Camp w/ Shea <b>11:00am-12:00pm</b> ④ \$\$ Vinyasa 60 w/ Theresa  <b>12:15-1:15pm</b> ② \$\$ Cycle 30 & Core w/ Bethany <b>12:15-1:30pm</b> ④ \$\$ All Levels Hatha w/ Michael  <b>4:00pm-5:00pm</b> ① Boot Camp w/ Chiara <b>4:00-5:00pm</b> ④ Vinyasa w/ Norelle  <b>5:15-6:15pm</b> ① Zumba w/ Carley <b>5:15-6:30pm</b> ② Tabata w/ Chiara  <b>6:30-7:15pm</b> ② \$\$ Cycle 45 w/ Taryn  <b>6:30-7:30pm</b> ① Dance HIITS w/ Clarissa	<b>Rec Hours: 6am-8pm</b> <b>7:30-8:15am</b> ① Barbell Pump w/ Madison <b>7:30-8:15am</b> ② \$\$ Cycle 45 w/ Chiara  <b>9:00-10:15am</b> ④ \$\$ Vinyasa w/ Maddie  <b>9:45-10:30am</b> ① Sculpt w/ Shea  <b>10:45-11:30am</b> ② \$\$ Cycle 45 w/ Shea  <b>11:00am-12:00pm</b> ④ \$\$ Vinyasa 60 w/ Norelle  <b>12:00-1:00pm</b> ② \$\$ Cycle 45 w/ Madison  <b>12:15-1:00pm</b> ① Tabata w/ Rae <b>12:15-1:30pm</b> ④ \$\$ All Levels Hatha w/ Michael  <b>4:00pm-5:00pm</b> ① Sculpt & Core w/ Lauren  <b>5:15-6:15pm</b> ① Zumba w/ Lauren  <b>5:30-6:15pm</b> ② \$\$ Cycle 45 w/ Chiara <b>5:30-6:45pm</b> ④ \$\$ Vinyasa w/ Savannah  <b>6:30-7:30pm</b> ① TNT Kickboxing w/ Pam  <b>6:30-7:15pm</b> ② Sculpt w/ Chiara	<b>Rec Hours: 6am-8pm</b> <b>7:30-8:15am</b> ① Barbell Pump w/ Taryn <b>7:30-8:15am</b> ② \$\$ Cycle 45 w/ Chiara  <b>9:00-10:00am</b> ④ \$\$ Vinyasa w/ Norelle  <b>11:00am-12:15pm</b> ④ \$\$ Vinyasa w/ Norelle  <b>6:30-7:15pm</b> ② \$\$ Cycle 45 w/ Taryn  <b>Sunday</b> <b>Rec Hours: 12pm-8pm</b> <b>2:45-3:30pm</b> ① Barbell Pump w/ Clarissa  <b>3:45-4:45pm</b> ① Cardio Power w/ Clarissa

**KEY**  
 blue = mind/body  
 green = group fitness  
 orange = indoor cycling  
 ① studio 1  
 ② studio 2  
 ③ cycling studio  
 ④ studio 4

Participants may reserve a class position by calling 491-6359 then press 1.  
 Reservations may be made 24 hours in advance.  
 Spots not reserved are available on a first come first served basis.

Classes are limited to 20 participants.  
 Reservations are forfeited 5 minutes prior to start  
 of class and spots are issued to stand by participants.