



### Cardio Class Schedule

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	5:45am - 6:30am <b>Reserved</b> fitCAMP	5:45am - 6:30am <b>Reserved</b> fitCAMP	5:45am (45min) <b>Met Melt</b> Velma	5:45am - 6:30am <b>Reserved</b> fitCAMP	5:45am (45min) <b>Met Melt</b> Velma	
	6:35am (45min) <b>Vinyasa Yoga</b> Lara F	6:35am (45min) <b>Total Strength</b> Ellen	6:35am (45min) <b>Vinyasa Yoga</b> Lara F	6:35am (45min) <b>Total Strength</b> Ellen		8:30am - 9:30am <b>Reserved</b> fitCAMP
9:30am (45 min) <b>H.I.I.T.</b> Jessie/Terry						10:00am (45min) <b>Met Melt</b> Velma
10:30am (60min) <b>Yin Yoga</b> Kelli	11:10am - 11:55am <b>Reserved</b> fitCAMP	11:10am - 11:55am <b>Reserved</b> fitCAMP	11:30am (30min) <b>Tabata's</b> Sandra	11:10am - 11:55am <b>Reserved</b> fitCAMP	11:45am (40min) <b>Met Melt</b> Velma	
	12:00pm (30min) <b>Kickboxing</b> Charles	12:00pm (30min) <b>Vinyasa Yoga</b> Lara F	12:05pm (25min) <b>Hard Core</b> Sandra	12:00pm (30min) <b>TRX Training</b> Charles	12:30pm (45min) <b>Vinyasa Yoga</b> Kelli	
	12:35pm (40min) <b>TRX Training</b> Charles	12:35pm (40min) <b>Boot Camp</b> Lara K	12:35pm (45min) <b>Vinyasa Yoga</b> Kelli	12:35pm (40min) <b>Boot Camp</b> Lara K	1:20pm (40min) 2/08 <b>Yoga Nidra</b> Kelli	
	5:15pm - 6:00pm <b>Reserved</b> fitCAMP	5:15pm - 6:00pm <b>Reserved</b> fitCAMP		5:15pm - 6:00pm <b>Reserved</b> fitCAMP		
	6:05pm (40min) <b>Cardio Camp</b> Ellen	6:05pm (40min) <b>Toning</b> Melissa	5:45pm (45min) <b>Shake &amp; Shred</b> Melissa	6:05pm (40min) <b>Barre Intensity</b> Kelsey		
	6:50pm (45min) <b>Burn Flow</b> Melysa begins 1/21	6:50pm (20min) <b>Core Circuits</b> Kim	6:35pm (60min) <b>Turtle Flow Yoga</b> Maggie	6:50pm (20min) <b>Core Circuits</b> Kelsey		

### Spinning Class Schedule

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		6:30am (45min) Brooke	6:30am (45min) Jessie	6:30am (45min) Brooke	6:15am (45min) Amanda	
						8:45am (60 min) Velma
	12:00pm (30min) <b>Sprint Spin</b> Kim			12:00pm (30min) <b>Sprint Spin</b> Lara K		
	5:45pm - 6:45pm <b>Reserved</b> Womens Fitness	5:45pm - 6:45pm <b>Reserved</b> Womens Fitness	5:35pm (45min) Kim	5:45pm - 6:45pm <b>Reserved</b> Womens Fitness		