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| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** |
| 5:15-6:15 amCyclingJamieAerobics Room |  | 5:15-6:15 amCyclingJamieAerobics Room |  | 5:15-6:15 amCyclingAmandaAerobics Room |  |
| 8:00-9:00 amZumbaSharonAerobics Room | 8:00-9:00 amYogaKarenAerobics Room | 8:00-9:00 amSculpt & StretchSharonAerobics Room | 8:00-9:00 amYogaCindeeAerobics Room | 8:00-9:00 amCardio MixSharonAerobics Room |  |
| 9:30-10:15 amCyclingNatalieAerobics Room | 9:30-10:15 amCyclingElanAerobics Room | 9:30-10:30 amPower YogaElanAerobics Room | 9:30-10:15 amCyclingLarryAerobics Room |  | 9:00-9:45 amCyclingLarryAerobics Room |
| 9:30-10:20 amAqua WorkoutTamaraPool |  | 9:30-10:20 amAqua WorkoutNataliePool | 9:30-10:20 amSUP YogaElanPool | 9:30-10:20 amAqua WorkoutIrenePool |  |
|  |  |  |  |  | 10:00-11:00 amYogaRotating(Karen or Cindee)Aerobics Room |
|  | 11:00-11:30 amSilver SneakersZoomSharon |  | 11:00-11:30 amSilver SneakersZoomSharon |  |  |
| 5:30-6:30 pmYoga StrongCindeeAerobics Room | 5:30-6:15 pmZumbaJaneAerobics Room | 5:30-6:15 pmCyclingLarryAerobics Room | 5:30-6:30 pmPower YogaElanAerobics Room |  |  |