

Anderson

Effective February 8th

	BIG ROOM	CIRCUIT ROOM	POOL	CYCLING ROOM	**SMALL GROUP TRAINING
MONDAY	6:10am Group Power® 60 Ross 8:15am Zumba 50 TracyB 9:15am RetroAerobics 50 Judy 10:30am Gentle Hatha 60 MaryEsther 4:20pm Group Power® 60 TracyB 5:30pm GentleHatha 50 MaryEsther 6:30pm Step Challenge 50 TracyW 7:30pm CrunchTime 30	9:00am CardioCircuit 35 JenniferL 12:10pm Circuit Express 35 Mendy 5:30pm Butt Blaster 50 Frances	9:00am Aquaerobics 45 Suzanne 9:45-10:00am Pool Check 1:30pm Aqua Lite 45 Sue 2:15-2:30pm Pool Check 2:30-4:00pm Water Walking	6:00pm Cycle/Abs 50 JenniferM	6:15am Boot Camp-Rachel 8:00am PilatesReformer-JenniferM 9:45am BodyEvolution-TracyB 10:00am PilatesReformer -JenniferM 11:00am KickBoxing-Mark 5:00pm PilatesReformer-JenniferM 6:30pm BodyEvolution-Cynthia
TUESDAY	6:10am Step/PUMP 50 TracyW 8:15am Group Power® 60 JenniferL 9:30am CardioFit 50 Lorraine 10:30am FitYoga 60 Tracy 12:15pm CrunchTime 30 5:30pm Zumba 50 TracyB 6:30pm Group Power® 60 Judy	9:00am PUMPCircuit 35 Pie 9:45am Gentle Stretch 30 MJ	9:45-10:00am Pool Check 10:15am Aqua Lite 45 Sue 2:15-2:30pm Pool Check 2:30-4:00pm Water Walking 6:00pm Cardio Core & More 45 Suzanne	6:00pm PowerRide 50 Lorraine	8:15am BE BootCamp-TracyB 4:30pm BodyEvolution-Mendy 7:00pm Boot Camp-Lorraine 7:00pm PilatesReformer-Joe
WEDNESDAY	6:00am PilatesMatBasics 50 Joe 8:15am PilatesMatBasics 50 JenniferM 9:15am Group Power® 60 Susan 10:30am Gentle Hatha 60 MaryEsther 5:30pm Group Power® 60 Tiffany 6:45pm Hatha Flow 60 Pie	9:00am ZumbaLite 35 MJ 12:10pm Cycle/Circuit 50 Lorraine 7:00pm CrunchTime 30	9:00am PowerWave 45 TracyB 9:45-10:00am Pool Check 2:15-2:30pm Pool Check 2:30-4:00pm Water Walking 6:00pm Power Wave 45 Joe	6:10am Flats & Hills 50 Vlad 12:10pm Cycle/Circuit 50 Lorraine	9:45am BodyEvolution-MJ 11:30am KickBoxing-Mark 2:00pm PilatesReformer-Sibylle 6:00pm BodyEvolution-Emily
THURSDAY	6:10am Step/PUMP 50 TracyW 8:15am Group Power® 60 TracyB 9:30am PilatesMatExpress 50 Sibylle 12:15pm CrunchTime 30 5:30pm RetroAerobics 50 Judy 6:30pm Group Power® 60 Mark	9:00am CardioCircuit 35 Frances 6:00pm PilatesMatBasics 50 Joe	9:45-10:00am Pool Check 10:15am Aqua Lite 45 Sue 2:15-2:30pm Pool Check 2:30-4:00pm Water Walking	6:00pm PowerRide 50 Vlad	4:30pm BodyEvolution-Mendy 5:30pm PilatesReformer-JenniferM 7:00pm Boot Camp-Lorraine
FRIDAY	6:10am CrunchTime 30 8:15am Step/PUMP TracyB 9:15am Group Power® 60 Mendy 10:30am Restorative Yoga 60 Colleen 5:30pm Group Power® 60 Rotating	9:00am PUMPCircuit 35 Suzanne 12:10pm Circuit Express 35 Suzanne	9:00am Aquaerobics 45 Pie 9:45-10:00am Pool Check 2:15-2:30pm Pool Check 2:30-4:00pm Water Walking	*Schedule is subject to change. Please check website for most up-to-date schedule.	6:15am Boot Camp-Rachel 8:00am PilatesReformer-JenniferM 9:00am PilatesReformer-JenniferM 10:30am CardioLates-JenniferM 11:15am ZumbaTraining-TracyB 11:30am Kickboxing-Mark 6:00pm PilatesReformer-Joe
SATURDAY	8:15am Zumba 60 Ali/TracyB 9:30am Group Power® 60 Rotating 10:45am Step Challenge 60 TracyW 12:00pm Hatha Flow 60 Dale	8:30am Circuit Express 35 MJ	9:15am Aquaerobics 45 Joe/Pie 10:15am Aqua Lite 45 Sue (2nd &4th) 2:00-3:30pm Water Walking		SUNDAY 8:30am PowerRide 50 Suzanne 11:30am Cycle/Strength 60 Rotating Instructors