



Healthy Living Solutions for Women

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:30 AM	Ball Bootcamp		On the Step		On the Step	
7:00AM	Pilates Flow		Yoga Lower Body		Ball Bootcamp	
7:30AM	Discover Yoga		Cardio Ball Low		Discover Yoga	
8:00AM	Cardio Ball Low	On the Step	Stretch & Sculpt	Step Party	Pilates Flow	Step Party
8:30AM	Steppin Right & Left	Ball Bootcamp	Simple Step	Ball Bootcamp	Simple Step	Stretch & Sculpt
9:00AM	Core Challenge	Stretch & Sculpt	Pilates Flow	Stretch & Sculpt	Core Challenge	Discover Yoga
9:30AM	Stretch & Sculpt	Pilates Flow	Yoga Lower Body	Core Challenge	Ball Bootcamp	Cardio Ball Low
10:00AM	On the Step	Steppin Right & Left	On the Step	Steppin Right & Left	On the Step	On the Step
10:30AM	Cardio Ball Low	Members Choice	Ball Bootcamp	Members Choice	Yoga Lower Body	Steppin Right & Left
11:00AM	Discover Yoga	Core Challenge	Yoga Total Body	Yoga Lower Body	Discover Yoga	Cardio Kicks
11:30AM	Pilates Flow	Discover Yoga	Stretch & Sculpt	Pilates Flow	Sizzlin' Salsa	Discover Yoga
12:00 PM	Ball Bootcamp	Step Party	Cardio Ball Low	Simple Step	Ball Bootcamp	Core Challenge
12:30 PM	Yoga Total Body	Ball Bootcamp	Sizzlin' Salsa	Discover Yoga	Core Challenge	Sizzlin' Salsa
3:00PM	Discover Yoga	Sizzlin' Salsa	Stretch & Sculpt	Sizzlin' Salsa	Pilates Flow	
3:30PM	Core Challenge	Stretch & Sculpt	Core Challenge	Stretch & Sculpt	Discover Yoga	
4:00PM	Steppin' Right & Left	Pilates Flow	Step Party	On the Step	Steppin Right & Left	
4:30PM	Cardio Kicks	Members Choice	Cardio Kicks	Members Choice	Cardio Kicks	
5:00PM	Step Party	Steppin Right & Left	On the Step	Step Party	Ball Bootcamp	
5:30PM	On the Step	Step Party	Steppin Right & Left	On the Step	Step Party	
6:00PM	Members' Choice	Cardio Ball Low	Pilates Flow	Members Choice	Stretch & Sculpt	
6:30PM	Simple Step	Ball Bootcamp	Cardio Ball Low	Stretch & Sculpt	Ball Bootcamp	
7:00PM	Cardio Ball Low	Members Choice	Simple Step	Members Choice	Cardio Ball Low	
7:30PM	Discover Yoga	Yoga Lower Body	Core Challenge	Yoga Total Body	Discover Yoga	

MEMBERS' CHOICE
 CHOICE OF CLASS FROM THIS MONTH'S SCHEDULE



CLUB HOURS

Monday, Wednesday & Friday: 6:30am-1:00pm & 3:00pm - 8:00pm
 Tuesday & Thursday: 8:00am - 1:00pm & 3:00pm - 8:00pm
 Saturday: 8:00am - 1:00pm