

CLASSES THAT ARE SUBBED ARE SUBJECT TO CHANGE FORMAT <Classes with** are 30 min. long>						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
No classes	0900: Back To Basics*(Ray) 0900: Aqua (Ben) 1030: Zumba* 45 min.(Darla) 1200: Cycling * (Lori) 1700: Yoga (Selena) 1805: Step* (Lori)	0530: Zumba Tone (Ellen) 0815: Step* (Julie) 1200: Yoga (Selena) 1700: Zumba* (Patti) 1730:Cycling*(Stacy)	0600: Back To Basics* (Ray) 0815: Stretch & Tone (Julie) 0900: Back To Basics*(Ray) 0900: Aqua (Ben) 1200: Cycling* (Julia) 1600: Cycling (Julia) 1700: Zumba (Patti) 1800: Step* (Lori)	0815: Step* (Julie) 1200: Yoga (Selena) 1530: Step* (Lori) 1700: Zumba* (Maria) 1730: Cycling* (Stacy)	0530: Cycling* (Darla) 0900: Back To Basics* (Ray) 0900: Aqua (Ben) 1030: Zumba* 45 min. (Darla)	0930: Pilates Plus Express-45 minute class (Ben) 1030: Zumba* (Patti)
No classes	0900: Back To Basics* (Ray) 0900: Aqua (Ben) 1030: Zumba* 45 min.(Darla) 1200: Cycling * (Lori) 1700: Yoga (Selena) 1805: Step* (Lori)	0530: Zumba Tone (Ellen) 0815: Step* (Julie) 1200: Yoga (Selena) 1700: Zumba* (Patti) 1730:Cycling*(Stacy)	0600: Back To Basics* (Ray) 0815: Stretch & Tone (Julie) 0900: Back To Basics*(Ray) 0900: Aqua (Ben) 1200: Cycling* (Julia) 1600: Cycling (Julia) 1700: Zumba (Patti) 1800: Step* (Lori)	0815: Step* (Julie) 1200: Yoga (Selena) 1530: Step* (Lori) 1700: Zumba* (Maria) 1730: Cycling* (Stacy)	0530: Cycling* (Darla) 0900: Back To Basics* (Ray) 0900: Aqua (Ben) 1030: Zumba* 45 min. (Darla)	0930: Pilates Plus Express-45 minute class (Ben) 1030: Zumba* (Patti)
No classes	0900: Back To Basics* (Ray) 0900: Aqua (Ben) 1030: Zumba* 45 min.(Darla) 1200: Cycling * (Lori) 1700: Yoga (Selena) 1805: Step* (Lori)	0530: Zumba Tone (Ellen) 0815: Step* (Julie) 1200: Yoga (Selena) 1700: Zumba* (Patti) 1730:Cycling*(Stacy)	0600: Back To Basics* (Ray) 0815: Stretch & Tone (Julie) 0900: Back To Basics*(Ray) 0900: Aqua (Ben) 1200: Cycling* (Julia) 1600: Cycling (Julia) 1700: Zumba (Patti) 1800: Step* (Lori)	0815: Step* (Julie) 1200: Yoga (Selena) 1530: Step* (Lori) 1700: Zumba* (Maria) 1730: Cycling* (Stacy)	0530: Cycling* (Darla) 0900: Back To Basics* (Ray) 0900: Aqua (Ben) 1030: Zumba* 45 min. (Darla)	0930: Pilates Plus Express-45 minute class (Ben) 1030: Zumba* (Patti)
No classes	0900: Back To Basics* (Ray) 0900: Aqua (Ben) 1030: Zumba* 45 min.(Darla) 1200: Cycling * (Lori) 1700: Yoga (Selena) 1805: Step* (Lori)	0530: Zumba Tone (Ellen) 0815: Step* (Julie) 1200: Yoga (Selena) 1700: Zumba* (Patti) 1730:Cycling*(Stacy)	0600: Back To Basics* (Ray) 0815: Stretch & Tone (Julie) 0900: Back To Basics*(Ray) 0900: Aqua (Ben) 1200: Cycling* (Julia) 1600: Cycling (Julia) 1700: Zumba (Patti) 1800: Step* (Lori)	0815: Step* (Julie) 1200: Yoga (Selena) 1530: Step* (Lori) 1700: Zumba* (Maria) 1730: Cycling* (Stacy)	0530: Cycling* (Darla) 0900: Back To Basics* (Ray) 0900: Aqua (Ben) 1030: Zumba* 45 min. (Darla)	0930: Pilates Plus Express-45 minute class (Ben) 1030: Zumba* (Patti)
No classes	0900: Back To Basics* (Ray) 0900: Aqua (Ben) 1030: Zumba* 45 min.(Darla) 1200: Cycling * (Lori) 1700: Yoga (Selena) 1805: Step* (Lori)	0530: Zumba Tone (Ellen) 0815: Step* (Julie) 1200: Yoga (Selena) 1700: Zumba* (Patti) 1730:Cycling*(Stacy)	0600: Back To Basics* (Ray) 0815: Stretch & Tone (Julie) 0900: Back To Basics*(Ray) 0900: Aqua (Ben) 1200: Cycling* (Julia) 1600: Cycling (Julia) 1700: Zumba (Patti) 1800: Step* (Lori)	0815: Step* (Julie) 1200: Yoga (Selena) 1530: Step* (Lori) 1700: Zumba* (Maria) 1730: Cycling* (Stacy)	0530: Cycling* (Darla) 0900: Back To Basics* (Ray) 0900: Aqua (Ben) 1030: Zumba* 45 min. (Darla)	0930: Pilates Plus Express-45 minute class (Ben) 1030: Zumba* (Patti)