

TIME	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	TIME
6:00 AM		Cont. TT 5:30-6 DV		Cardio 30 Weights 30 6-7 DV				6:00 AM
6:30 AM			WM 6-7 DV	Cardio 30 Weights 30 6-7 DV		WM 6-7 DV		6:30 AM
7:00 AM				Wgt Mach 6:30-7:15 NB				7:00 AM
7:15 AM					Warrior Women 7-8 RJ			7:15 AM
7:30 AM		Weights 45 7:15-8 DV						7:30 AM
7:45 AM								7:45 AM
8:00 AM								8:00 AM
8:15 AM								8:15 AM
8:30 AM		Cardio 30 8-8:30 NB						8:30 AM
8:45 AM								8:45 AM
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New Weight Management members should not take yellow (Continuation) or brown (HIIT) classes

INSTRUCTORS:

updated 1/28/2019

**MAIN FACILITY HOURS:**  
MON-FRI: 5:30am - 8pm  
SAT: 7am - 4pm  
SUN: 12pm - 4pm

**Weight Management**  
Continuation Level 1  
Continuation Level 2  
**A** 'A' Continuation held in Aerobics Studio  
**W** 'W' Continuation held in Weight Machine room

**Aerobics Studio**  
Cardio Cinema Room  
ZynerG Studio  
ZynerG class held in Main Weights Room

**Cont. TT** Continuation Trainer Team  
**WM TT** Weight Management Trainer Team  
**Nutrition WS** Nutrition Workshop  
**100KEYS** 100KEYS Support Group

**AC**- ALEX COLEMAN  
**BB**- BARBARA BROWN  
**DB**- DOUG BUCHANAN  
**DV**- DAN VALENZA  
**EB**- ELKE BROWN

**KW**- KIMI WRIGHT  
**ME**- MARY ELFNER  
**NB**- NICK BEAUDET  
**NO**- NANI OMI  
**RJ**- ROSE JORDAN

**RJS**- RHONDA JACKSON-SMITH  
**SL**- SALLY LOWELL  
**SC**- SHAUN CHAPMAN  
**TB**- TROY BERRY