

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	Wgt Mach 6:30-7:15 NB				6:30 AM
7:00 AM								
7:15 AM								
7:30 AM		Weights 45 7:15-8 DV		Weights 45 7:15-8 DV				7:00 AM
7:45 AM								7:15 AM
8:00 AM								7:30 AM
8:15 AM		Cardio 30 8-8:30 NB		Cardio 30 8-8:30 RJ				7:45 AM
8:30 AM		Cont. TT 8:15-8:45 DV		Yoga & Balance 7:30-8:30 KW				8:00 AM
8:45 AM				KEYS 8-8:30 DV				8:15 AM
9:00 AM		Weights 45 8:45-9:30 DV		Weight Machine 8:15-9 NB				8:30 AM
9:15 AM		H.I.I.T. 9-9:45 NB		Cycling 8:30-9:15 RJ				8:45 AM
9:30 AM				Yoga & Balance 8:30-9:30 KW				9:00 AM
9:45 AM		Cardio 45 9:30-10:15 SC		Cont. TT 9-9:45 NB				9:15 AM
10:00 AM				Intro to Pilates 9:30-10:30 KW				9:30 AM
10:15 AM				Weights 30 10-10:30 SC				9:45 AM
10:30 AM		Weights 30 10:30-11 NB		Weight Machine 10:30-11 DV				10:00 AM
10:45 AM				Weights 30 10-11 DV				10:15 AM
11:00 AM		Cardio 30 11-11:30 DV		Weights 30 10:30-11:30 RJ				10:30 AM
11:15 AM				Restorative Yoga 10:30-11:30 KW				10:45 AM
11:30 AM				Nutrition Workshop 10:30-11:30 Doug				11:00 AM
11:45 AM				Zumba 11:15-12 AC				11:15 AM
12:00 PM				Intro Pilates 11:30-12:15 NO				11:30 AM
12:15 PM				** Dynamic Stretch & Foam Roll 12:15-1 NO				11:45 AM
12:30 PM								12:00 PM
12:45 PM								12:15 PM
1:00 PM								12:30 PM
1:30 PM								12:45 PM
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7:00 PM								6:15 PM
7:15 PM								6:30 PM
7:30 PM								6:45 PM
8:00 PM								7:00 PM

New Weight Management members should not take yellow (Continuation) or brown (HIIT) classes

INSTRUCTORS:

updated 1/7/2019

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

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

	Aerobics Studio
	Multipurpose Room
	ZynerG Studio

	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 OM
RJ- ROSE JORDAN

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