











TIME	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	TIME
6:00 AM		Circuit 60 6-7 DV	Cont. TT 5:30-6 DV	WM 6-7 DV	Cardio 30 Weights 30 6-7 SC	Cardio 30 Weights 30 6-7 RJ		6:00 AM
6:30 AM								6:30 AM
7:00 AM								7:00 AM
7:15 AM								7:15 AM
7:30 AM		Weights 45 7:15-8 DV						7:30 AM
7:45 AM								7:45 AM
8:00 AM		Cardio 30 8-8:30 NB						8:00 AM
8:15 AM								8:15 AM
8:30 AM								8:30 AM
8:45 AM								8:45 AM
9:00 AM		Weights 45 8:45-9:30 DV						9:00 AM
9:15 AM								9:15 AM
9:30 AM		Cardio 45 9:30-10:15 SC						9:30 AM
9:45 AM								9:45 AM
10:00 AM								10:00 AM
10:15 AM								10:15 AM
10:30 AM		Weights 30 10:30 - 11 NB						10:30 AM
10:45 AM								10:45 AM
11:00 AM		Cardio 30 11-11:30 DV						11:00 AM
11:15 AM								11:15 AM
11:30 AM								11:30 AM
11:45 AM								11:45 AM
12:00 PM	Cont. TT 12-12:15 AC/DB							12:00 PM
12:15 PM								12:15 PM
12:30 PM	Circuit 75 12:15-1:30 AC/DB							12:30 PM
12:45 PM								12:45 PM
1:00 PM								1:00 PM
1:30 PM	WM Makeup 1:30-2:30 AC/DB							1:30 PM
2:00 PM								2:00 PM
2:30 PM								2:30 PM
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


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

INSTRUCTORS:

updated 4/30/2019

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

	Weight Management		Aerobics Studio
	Continuation Level 1		Cardio Cinema Room
	Continuation Level 2		ZynerG Studio
	'A' Cont. held in Aerobics Studio		ZynerG class held in Main Weights Room
	'W' Cont. held in Weight Machine room		Class held in Weight Machine 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

HJ- HAMPTON JACOBS
KW- KIMI WRIGHT
ME- MARY ELFNER
NB- NICK BEAUDET
NO- NANI OM

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