

| MONDAY |
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| EXPRESS 45 GEOFF 5:45-6:30 A.M. |
| BEGINNERS BURN SY 10:00-11:00 A.M. |
| STRONG BY ZUMBA LUZ 6:30 -6:45 P.M. |

| TUESDAY |
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| CYCLING DAWN 6:00 -7:00 A.M. |
| FIT OVER 50 SY 10:00 -11:00 A.M. |
| YOGA 6:30 -7:30 |

| WEDNESDAY |
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| EXPRESS 45 GEOFF 5:45-6:30 A.M. |
| BEGINNERS BURN SY 10:00 -11:00 A.M. |
| ZUMBA LUZ/6:30 -7:30 P.M. |

| THURSDAY |
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| CYCLING BOOT CAMP DAWN 6:00 -7:00 A.M. |
| FIT OVER 50 SY 10:00 -11:00 A.M. |
| STRONG BY ZUMBA LUZ 6:30 - 7:30 P.M. |

| FRIDAY |
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| ZUMBA ADREI 6:30 -7:30 P.M. |

| SATURDAY |
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| FITT CAMP GEOFF 8:00-9:00 A.M. |
| ZUMBA/LUZ 11:00-12:00 P.M. |

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| AQUA ZUMBA LOURDES 9:00-10:00 A.M. |
| EX-PRESS WEIGHTS WORKOUT SY/ 5:00-5:45 P.M. |
| WOMEN'S BOXING BRUCE ***6:00-7:00p.m. |

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| BOXING OPEN GYM 6:00-8:30 P.M. |
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| AQUA STRETCH FLEX JIM 9:00 -9:45 A.M. |
| EX-PRESS WEIGHTS WORKOUT SY/5:00-5:45 P.M. |
| Youth Boxing 6:00-7:15 PM*** |
| BOXING OPEN GYM 7:15-8:30 P.M. |

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| AQUA DANCE SYMERE 9:00-9:45 A.M. |
| BOXING OPEN GYM 6:00-8:30 P.M. |

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| AQUA STRETCH FLEX JIM 9:00 -9:45 A.M. |
| AQUA ZUMBA LOURDES 10:00 -10:45 A.M. |