

<b>Monday</b>			
Time	Class	Instructor	Studio
8:00am	Pilates	Mary	1
9:15am	Step	Shelly S.	1
10:00am	Y-Pump	Cindy	1
11:00am	Zumba	Heidi	1
12:00pm	Yoga Flow/Tai Chi	Norma	2
4:15pm	Shape Up	Diane	1
5:30pm	Rep Reebok	Sarah	1
6:00pm	Iyengar Yoga	Sharryn	2
6:45pm	Y-Box	Holly	1

<b>Tuesday</b>			
Time	Class	Instructor	Studio
6:00am	Pilates	Sue	1
9:15am	Urban Express	Lisa	1
10:15am	Hip-Hop Aerobics	Devin	1
11:00am	Pilates	Cindy	1
11:30am	Iyengar Yoga	Sharryn	2
5:30pm	Kick Butt Cardio	Missy	1
6:00pm	Pilates	Linda	2
7:00pm	Zumba	Tara	1

<b>Wednesday</b>			
Time	Class	Instructor	Studio
6:00am	Zumba	Heidi	1
8:30am	Zumba Express	Shelly S.	1
9:15am	Step	Shelly S.	1
10:00am	Y-Pump	Julie	1
11:00am	Zumba	Heidi	1
12:45pm	Iyengar Yoga	Sharryn	2
4:15pm	Shape Up	Diane	1
5:30pm	Rep Reebok	Sarah	1
6:45pm	Y-Box	Kristen	1

<b>Thursday</b>			
Time	Class	Instructor	Studio
6:00am	Pilates	Shelly S.	1
9:15am	Urban Express	Lisa	1
10:15am	Hip-Hop Aerobics	Devin	1
11:00am	Pilates	Cindy	1
11:30am	Iyengar Yoga	Sharryn	2
5:30pm	Kick Butt Cardio	Missy	1
6:00pm	Pilates	Linda	2
7:00pm	Zumba	Heidi	1
7:30pm	Zumba	Rotation	Back Gym

<b>Friday</b>			
Time	Class	Instructor	Studio
6:00am	Zumba	Heidi	1
8:00am	Pilates	Mary	1
9:15am	Step	Shelly S.	1
10:00am	Y-Pump	Julie	1
11:00am	Zumba	Heidi	1
4:15pm	Shape Up	Diane	1
5:30pm	Y-Box	Sherry	1

<b>Saturday</b>			
Time	Class	Instructor	Studio
8:00am	Rep Reebok	Cindy	1
9:00am	Pilates	Shelly S.	2
9:15am	Zumba	Heidi	1
10:30am	Y-Box	Missy	1

<b>Sunday</b>			
Time	Class	Instructor	Studio
1:30pm	Rotation	Rotation	1/cycling

## CYCLING SCHEDULE

<b>Monday</b>	
Time	Instructor
6:00am	Christine
9:15am	Julie
4:30pm	Randy

<b>Tuesday</b>	
Time	Instructor
9:15am	Sue
4:30pm	Randy

<b>Wednesday</b>	
Time	Instructor
6:00am	Christine
9:15am	Sue
4:30pm	Randy

<b>Thursday</b>	
Time	Instructor
9:15am	Julie
5:30pm	Suzanne

<b>Friday</b>	
Time	Instructor
9:15am	Gretchen

<b>Saturday</b>	
Time	Instructor
9:30am	Randy