

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TIME	SATURDAY	SUNDAY
5:30 AM	BODYPUMP (B)	CYCLING (C) VELOCITY TRAINING (W)	BODYPUMP (B)	CYCLING (C) VELOCITY TRAINING (W)	POWER 50 (B)	8:00 AM	TRIO (L)	
6:00 AM		YOGA CHALLENGE (A)				8:45 AM	YOGA CHALLENGE (A)	
8:15 AM	MVe SYNERGY (A)	MID-LEVEL YOGA (A) BODYPUMP (B)	MUSCLE MELT STRETCH (A)	MID-LEVEL YOGA (A)	MVe TRADITIONAL (A) BODYPUMP (B)	9:15 AM	BODYCOMBAT (B) CYCLING (C) AQUAFIT (P) ELITE FITNESS (W)	
8:30 AM	COREFIT (B)		COREFIT (B)			10:30 AM	BODYPUMP (B)	BASIC YOGA / MEDITATION (A)
9:15 AM	MID YOGA (A) BODYSTEP (B) CYCLING (C) AQUAFIT (P)	BASIC YOGA (A) BODYATTACK (B) SPRINT (C) TRX CIRCUIT (W)	BODYFLOW (A) BODYSTEP (B) RPM (C) AQUAFIT (P)	BASIC YOGA (A) CXWORX (B) SPRINT (C) TRX CIRCUIT (W)	BASIC YOGA (A) STRONG (B) RPM (C) AQUAFIT (P)	11:15 AM	SPRINT (C)	RPM (C)
9:45 AM				BODYVIVE (B)		11:30 AM	BARRE FUSION (A) BODYATTACK (B)	
10:30 AM	BASIC YOGA (A) BODYPUMP (B)	MVe ATHLETIC (A) BODYVIVE (B)	BARRE BLAST (A) BODYPUMP (B)	MVe ATHLETIC (A) ZUMBA (B)	SH'BAM (B)	12:15 PM		MVe TRADITIONAL (A)
11:30 AM		BODYFLOW (A) FUNCTIONAL FITNESS (B)		BODYFLOW (A) FUNCTIONAL FITNESS (B)	MVe FUSION (A)	12:30 PM	BODYJAM (B)	
12:30 PM		MAT PILATES (A)		MAT PILATES (A)		1:00 PM		POWER 50 (B)
2:00 PM	BASIC YOGA (A)		BASIC YOGA (A)			1:30 PM	BODYFLOW (A)	
5:00 PM	MVe SYNERGY (A)		BALLET BARRE (A)	MVe SYNERGY (A)		1:45 PM		BODYSTEP EXPRESS (B)
5:30 PM						2:30 PM		BODYPUMP (B)
5:45 PM	BODYPUMP (B)		BODYPUMP (B)		BODYPUMP (B)	3:30 PM		YOGA CHALLENGE / INVERSIONS (A)
6:00 PM		YOGA CHALLENGE (A) POWER 50 (B)	MUSCLE MELT STRETCH (A) ELITE FITNESS (W)	POWER 50 (B)				
6:15 PM	BALLET BARRE (A)							
6:45 PM	BODYCOMBAT (B)	TRX CIRCUIT (W)		TRX CIRCUIT (W)				
7:00 PM	SPRINT (C) ADULT SWIM (L)	RPM (C)	BODYJAM (B) RPM (C) ADULT SWIM (L)					
7:15 PM	VINYASA FLOW YOGA (A)	BODYFLOW (A)	MID-LEVEL YOGA (A)	YOGA CHALLENGE (A)				
7:45 PM		ZUMBA (B)		ZUMBA (B)				

## 2017 group exercise schedule

All classes are complimentary to members.

**A** Studio A

**B** Studio B

**C** Cycling Studio

**W** Weight Floor

**P** Adult Pool

**L** Lap Pool