Our Health Club & Spa Fall Fitness Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00 AM		Spinning (Kevin)		Spinning (Kevin)			
8:00 AM	REFIT (Debbie D.)	Ageless Grace (Lisa B.)	REFIT (Debbie D.)	Ageless Grace (Lisa B.)	REFIT (Debbie D.)	Cardio-Core Fusion (Kevin)	
9:00 AM	Kettle Bell	Body Sculpt (Melissa)	Kettle Bell	Step and Sculpt (Angela)	20/20/20 (Angela)	Zumba (Cristina)	
9:30 AM	Core (Melissa)		Pilates (Melissa)				
10:00 AM	Yoga (Connie)	Yoga (Desi)	Yoga (Connie)	Yin Yoga (Patty)		Aqua Dynamics (Sally)	
10:00 AM		Aqua Therapy (Linda)		Aqua Therapy (Linda)			
11:00 AM		Aqua Dynamics (Emma)		Aqua Dynamics (Emma)			
11:00 AM	Silver Sneakers (Lisa B.)	Silver Sneakers (Lisa B.)	Silver Sneakers (Lisa B.)	Silver Sneakers (Lisa B.)	Silver Sneakers (Lisa B.)		
12:30 PM	Silver Sneakers (Lisa B.)		Silver Sneakers (Lisa B.)				
		2:30-5:30pm	Family Swim Hours				Family Swim 4:00-6:00pm
5:00 PM	Aerobics (Rebecca)	Hard Core (Kevin)		Kettle Bell (Sally)	Zumba (Deb F.)	Family Swim 5:00-7:00pm	
5:30 PM				Spinning (Sally)			
6:00 PM	Spinning (Sally)						
6:30 PM	Trim &Tone (Sally)		Yoga (Lisa A.)				
6:00 PM	Aqua Dynamics (Sally)		Aqua Dynamics (Sally)				
		7:30-9:00pm	Family Swim Hours				