

# GROUP FITNESS SCHEDULE Effective November 1, 2013

(The following classes are included in the monthly class pass and are available for individuals searching for a drop-in class each week).

<b>Sunday</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
	<b>6-6:50am **Spinning (Susana)</b>	<b>7-7:45am Pilates (Barb)</b>	<b>9-9:50am Pilates (Barb)</b>	<b>7-7:45am Pilates (Barb)</b>	<b>6-6:50am **Spinning (Susana/Stori)</b>	<b>8-8:45am Pilates (Barb)</b>
	<b>10-11am Yoga (Kim)</b>	<b>8-8:45am Cardio Blast (Barb)</b>	<b>9-9:50am **Spinning (Erica)</b>	<b>8-8:45am Cardio Blast (Barb)</b>	<b>9-9:45am TBG (Erica)</b>	
<b>12-12:45pm Boot Camp (Zach)</b>			<b>10-11am Yoga (Kim)</b>		<b>10-11am Yoga (Kim)</b>	<b>9-9:50am **Spinning (Rotating Instructors)</b>
	<b>5-5:45pm TBG (Erica)</b>	<b>5:15-6pm Boot Camp Zach</b>		<b>5-6pm Zumba (Emilsie)</b>		<b>10-11am Zumba (Emilsie)</b>
				<b>5:15-6pm Boot Camp (Zach)</b>		
	<b>6-6:50pm Spinning (Zach)</b>	<b>7-8pm Yoga (Audrey)</b>	<b>6-6:50pm Spinning (Anna/Stori)</b>	<b>6-7pm Yoga (Audrey)</b>		

**\*\*May Call to Reserve a bike starting 4pm the night before class.**

### Group Fitness

All classes on this calendar are done on a drop-in format.

Per class fee: \$4 / members and \$7 / non-members

Punch cards available (10 classes): \$35 / members and \$65 / non-members

Class Schedule is subject to change.