



Healthy Living Schedule

Winter II / February 26th - April 13th

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30-6:30AM Total Body Challenge <i>w/Meagan</i>	5:30-6:30AM Aqua Fitness Pool	5:30-6:30AM Total Body Challenge <i>w/Meagan</i>	5:30-6:30AM Aqua Fitness Pool	5:30-6:30AM Total Body Challenge <i>w/Meagan</i>	
					8:00-9:00AM Yoga Studio <i>w/Laura</i>
8:00-8:45AM Aerobics for All New Studio	8:00-8:45AM Cycle Cycle Studio <i>w/Lolly</i>	8:00-8:45AM Aerobics for All New Studio		8:00-8:45AM Aerobics for All New Studio	8:30-9:15AM Cycle Cycle Studio <i>w/Abby</i>
8:00-8:45AM Aqua Aerobics Pool	8:00-8:45 AM Aqua Fit Pool (2/27-4/9)	8:00-8:45 AM Aqua Aerobics Pool	8:00-8:45 AM Aqua Fit Pool (2/29-4/11)	8:00-8:45 AM Aqua Aerobics Pool	8:30-9:30AM Zumba New Studio <i>w/Sarah</i>
8:00-9:00AM Zumba Studio <i>w/ Sarah</i>	9:00-9:50AM Pilates / Yoga Stretch Studio <i>w/Lori</i>	8:50-9:30 AM Aqua Stretch & Balance Pool \$Fee (2/28-4/10)	9:00-9:50AM Pilates / Yoga Stretch Studio <i>w/Lori</i>	8:00-9:00AM Zumba Studio <i>w/Sarah</i>	9:30-10:15AM Strength & Stretch Studio <i>w/Abby</i>
9:15-10:30AM Yoga New Studio	9:30-10:15AM Enhance Fitness New Studio <i>w/Lolly</i>	9:15-10:30AM Yoga New Studio <i>w/Romee</i>	9:30-10:15AM Enhance Fitness New Studio <i>w/Lolly</i>	9:15-10:30AM Yoga New Studio <i>w/Sara</i>	
	10:15-10:45AM Aerodance Studio <i>w/Lori</i>		10:15-10:45AM Aerodance Studio <i>w/Lori</i>	9:30-10:15AM Sit and Stretch Studio <i>w/Lolly</i>	
5:30-6:15PM Cycle Bootcamp Cycle Studio <i>w/ Lauren</i> \$Fee (2/26-4/1)			3:45-4:30PM HIIT Bootcamp New Studio <i>w/ Caroline</i>		
5:15-6:00PM Strength & Sculpt New Studio <i>w/ Caroline</i> \$Fee (3/18-4/8)	5:15-6:00 PM Aqua Bootcamp Pool \$Fee (2/27-4/9)	5:30-6:15PM Cycle Cycle Studio <i>w/ Abby</i>	5:15-6:00 PM Aqua Bootcamp Pool \$Fee (2/29-4/11)		
Facility Hours: M-Th 5:30am-8pm, Friday 5:30am-7pm, Saturday 7:00am-5:00pm					