



Healthy Living Schedule

Fall I / September 3rd - October 19th

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30-6:30AM Total Body Challenge w/Meagan	5:30-6:30AM Aqua Fitness Pool	5:30-6:30AM Total Body Challenge w/Meagan	5:30-6:30AM Aqua Fitness Pool	5:30-6:30AM Total Body Challenge w/Meagan	
8:00-8:45AM Aerobics for All New Studio (Linda)	8:00-8:45AM Cycle Cycle Studio w/Abby	8:00-8:45AM Aerobics for All New Studio (Erin)	8:00-8:45AM Cycle Cycle Studio w/Caroline	8:00-8:45AM Aerobics for All New Studio (Caroline)	8:00-8:45AM Cycle Cycle Studio w/Abby
8:00-8:45AM Aqua Aerobics Pool		8:00-8:45 AM Aqua Aerobics Pool		8:00-8:45 AM Aqua Aerobics Pool	8:00-8:45AM HIIT Bootcamp Studio w/Amber
8:00-9:00AM Zumba Studio w/ Monica		NEW! 8:00-8:45AM Boxing Circuits Studio w/ Caroline	8:00-9:00AM Zumba New Studio w/Sarah		8:30-9:30AM Zumba New Studio w/ Sarah
8:00-8:45AM Cycle Cycle Studio w/ Lauren					
	9:00-10:00AM Pilates / Yoga Stretch Studio w/Lori	9:15-10:30AM Yoga New Studio w/Romee	9:00-10:00AM Pilates / Yoga Stretch Studio w/Lori		
9:15-10:00AM Strength & Circuits New Studio w/ Caroline	9:30-10:15AM Enhance Fitness New Studio w/Linda		9:30-10:15AM Enhance Fitness New Studio w/Caroline	9:15-10:00AM Strength & Circuits New Studio w/ Amber	9:30-10:15AM Strength & Stretch Studio w/Abby
				9:30-10:15AM Sit and Stretch Community Room w/Abby	
	3:45-4:30PM HIIT Bootcamp New Studio w/ Alaina		3:45-4:30PM HIIT Bootcamp New Studio w/ Caroline		
NEW! 5:15-6:00PM Absolute Strength New Studio w/ Alaina	5:30-6:15PM Cycle Bootcamp Cycle Studio w/ Lauren (9/10-10/22) \$FEE	5:15-6:00PM Cycle Cycle Studio w/ Abby		Facility Hours <i>Monday-Thursday 5:30am-8:00pm</i> <i>Friday 5:30am-7:00pm</i> <i>Saturday 7:00am-5:00pm</i>	