



# Healthy Living Schedule

## Fall / September 2nd - October 25th

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 Tagliabue		8:00-8:45AM Aerobics for All Tagliabue		8:00-8:45AM Aerobics for All Tagliabue	
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 Cycle Snider w/ Lauren	8:00-8:45AM Cycle Snider w/Lolly		8:00-8:45AM Cycle Snider w/Caroline	8:00-8:45AM Cycle Snider w/Janice Last Class 9/12	
8:00-9:00AM Zumba Studio w/Monica	8:00-8:45AM Aqua Fit Pool \$FEE		8:00-8:45AM Aqua Fit Pool \$FEE		8:15-9:00AM Cycle Snider w/Abby
8:50-9:30AM Aqua Stretch & Balance Pool \$FEE		8:50-9:30AM Aqua Stretch & Balance Pool \$FEE	8:00-9:00AM Zumba Tagliabue w/Sarah		8:30-9:30AM Zumba Tagliabue w/Sarah & Monica
9:15-10:30AM Therapeutic Yoga Tagliabue w/Karen	9:00-10:15AM Pilates / Yoga Stretch Studio w/Lori	9:15-10:30AM Yoga Tagliabue w/Romee	9:00-10:15AM Pilates / Yoga Stretch Studio w/Lori	9:15-10:30AM Therapeutic Yoga Tagliabue w/Karen	9:45-10:30AM Strength & Stretch Tagliabue w/Abby
9:15-10:00AM Strength & Circuits Studio w/ Janice Last Class 9/9		9:15-10:00AM TRX Pilates Studio w/ Lauren \$FEE (9/3-10/15)			
	9:30-10:15AM Enhanced Fitness Tagliabue w/Lolly		9:30-10:15AM Enhanced Fitness Tagliabue w/Lolly	9:30-10:15AM Sit and Stretch Studio w/Lolly	
PM CLASSES					
3:45-4:45PM Zumba Tagliabue w/ Julie	3:45-4:30PM HIIT Bootcamp Tagliabue w/ Caroline Begins 9/9	3:45-4:30PM Tone & Sculpt Studio w/ Sarah I \$FEE (9/3-9/24)	3:45-4:30PM HIIT Bootcamp Tagliabue w/ Alaina Begins 9/11		
5:15-6:00 Aqua Bootcamp Pool \$FEE		5:15-6:00 Aqua Bootcamp Pool \$FEE			
5:15-6:00PM Absolute Strength Tagliabue w/ Alaina	5:30-6:15PM Cycle Bootcamp Snider w/ Lauren \$FEE (9/9-9/21)	5:15-6:00PM Cycle Snider w/ Abby	5:15-6:00PM Absolute Strength Tagliabue w/ Alaina		
Room Key					
POOL	FEE BASED	Tagliabue Studio (Upstairs)	Snider Spin Studio	Downstairs Studio	
Facility Hours: Monday-Thursday 5:30am-8:00pm Friday 5:30am-7:00pm Saturday 7:00am-5:00pm					