



2022-2023

CLASS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY		
YOGA		YOGA					
INSTRUCTOR: CHERYL		INSTRUCTOR: CHERYL					
9:00 AM - 10:00 AM		9:00 AM - 10:00 AM					
	PUMP		PUMP				
	INSTRUCTOR: SHIRLEY		INSTRUCTOR: SHIRLEY				
	9:30 AM - 10:30 AM		9:30 AM - 10:30 AM				
ZUMBA	OULA	ZUMBA	OULA				
INSTRUCTOR: VAL	INSTRUCTOR: CARRIE	INSTRUCTOR: VAL	INSTRUCTOR: CARRIE				
5:30 PM - 6:30 PM	6:00 PM - 7:00 PM	5:30 PM - 6:30 PM	5:15 PM - 6:15 PM				
SPINNING			SPINNING				
INSTRUCTOR: TANISHA			INSTRUCTOR: TANISHA				
6:30 PM - 7:30 PM			6:30 PM - 7:30 PM				
YOGA	An aesthetic Hindu discipline involving controled breathing, body position, and meditation with the goal of attaining increased flexibility, strength and relaxation						
PUMP	The ideal workout for anyone looking to get lean, toned and fit - fast. Using light to moderate weights with lots of repetition - PUMP gives you the total body workout!						
ZUMBA	Dance fitness with the Latin Flare: Move to the music for a total body workout while combining all elements of fitness: cardio, muscle conditioning, balance and flexibility, boosted energy - leaving you with a serious dose of awesomeness!						
OULA	Oula merges high-intensity cardio with easy-tofollow choreography, mindfulness practices, and a culture of inclusivity - all to an energetic pop soundtrack						
SPINNING	Indoor spinning class provides high energy workouts that burn calories and improves endurance and strength.						