

Exercise Studio Schedule

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00 AM	Open	Open	Open	Open	Open		
6:00 AM	Yoga Ignite - Christine (\$10)		Boot Camp - Lisa (\$10)		Lift & HIIT - Ronna		
7:00 AM	Open		Open		Open		
8:00 AM		Open		FOD - Vinyasa Yoga			
9:00 AM		FOD - Spin		FOD - Transform	FOD - Power Step	FOD - Spin	
10:00 AM	Boot Camp - Ronna (\$10)	FOD - Pilates	Strength Yoga - Annie	FOD - Pilates Ab	FOD - Cardio Circuit		Open
11:00 AM	Forever Fit - Ronna	Open	Water Aerobics - Ronna	Open			
12:00 PM			Open	Open			
1:00 PM	Open		FOD - Intro to Pilates	Senior Fit - Christine	Open	Open	
2:00 PM		Aqua Gold (Pool) - Christine		Aqua Gold (Pool) - Christine			
3:00 PM		Open	Open				
4:00 PM		Open	Open	Open			
5:00 PM	5:30pm - Cycle Express Kim	Open					
6:00 PM	Vinyasa Yoga - Kim (\$10)		Boot Camp - Lisa (\$10)	FOD - Yoga Flow	Ping Pong	Ping Pong	
7:00 PM	Open			Open	FOD - Spin	Ping Pong	
8:00 PM		Open	Open	Open			

FOD - Fitness on Demand

(\$) - fee and registration required