





	MON	TUE	WED	THU	FRI	SAT	SUN
5:30 A	Spin Mollie Studio C	Raising the Barre Nicole Studio 1	Spin Mollie Studio C	Raising the Barre Deborah Studio 1	Spin Tara Studio C		
6:00 A	Strength & Motion Mindi Studio A Freestyle 101 Dave P. Pool YOGA Annemarie W. Studio B	New Definitions Dawn Studio A	Super Circuit Don Studio A Freestyle 101 Dave P. Pool	New Definitions Trish Studio A	Tread Trish Treadmills A POWER YOGA Marc Studio B Strength & Motion Mindi Studio A		
6:30 A			POWER YOGA (75 Min) Marc Studio B				
7:00 A					AbSession Melissa Studio A		
8:00 A			Gentle Strength Training Michele Fit Zone (Downstairs)				Spin (8:10-10:10 AM) Bobbi Studio C
8:30 A	Tread Dawn Treadmills Raising the Barre Laura Studio 1	Mat PILATES Camilo Studio A Spin Julie Studio C Raising the Barre Deborah Studio 1	Raising the Barre Laura Studio 1 New Definitions Bobbi Studio A PILATES Express Carol Studio B	YOGA 1-2 Annemarie W. Studio 3 Tread Julie Treadmills Raising the Barre Deborah Studio 1	Chisel Express (40 Minute) Annemarie C Studio A Raising the Barre Laura Studio 1	Mat PILATES All Levels Marco Studio B New Definitions Trish Studio A	
8:50 A	AbSession (30 Min) Kat Studio A	YOGA - Sun Salutations Laura (30 Min) Studio 3		AbSession (30 Min) Laura Studio A	YOGA Sun Salutations Annemarie W. (30 Min) Studio B		
9:00 A	Aqua Fitness Kris Pool	Aqua 101 Nance Pool	Aqua Fitness Jenny Pool	Aqua 101 Nance Pool	Aqua Challenge Kris Pool		
9:30 A	Chisel Kat Studio A Power Mat PILATES Carol Studio B Spin Laura Studio C TAMJAMS! Dancer's Body Tamara Studio 3	New Definitions 30 Minute (Lower Body) Stephanie Studio A ZUMBA Laura Studio 3 Tread Trish Treadmills Super Circuit Greg Fit Zone	NEW TIME! HardCORE PILATES Deborah Studio B Survival of the Fittest Mike Big Gym Rock Bottom (30 Min) Stephanie Studio A ZUMBA 101 Bobbi Studio 3 Spin Heather H. Studio C YOGA 2 Laura Studio 1	Chisel Kat Studio A ZUMBA Lindsey Studio 3 On the Ball Carol Studio B Spin Laura Studio C	ZUMBA Camilo Studio 3 Survival of the Fittest Mike Big Gym Tread Chelsea Treadmills	Fight Club Gabe Studio A ZUMBA Camilo/Laura -Studio 3 Tread Trish Treadmills	POWER YOGA At the Pool (90 Min) Marc Studio 3
10:00 A	YOGA -A-Float Kris Pool	New Definitions 30 Minute (Upper Body) Stephanie Studio A Aqua Babies Nance Pool	Armed & Dangerous (30 Minute) Stephanie Studio A	Aqua Babies Nance Pool			
10:30 A	ZUMBA Lindsey Studio A YOGA - All Levels Andrea Studio B Freestyle 101 Dave P. Pool	New Definitions 30 Minute (Lower Body) Stephanie Studio A	TAMJAMS! Dancer's Body Level 1-2 (60 Min) Tamara Studio A Freestyle 101 Dave P. Pool	Stretch & Restore Yael Studio B		Chisel Express Chelsea (40 Min) Studio A Power Mat PILATES Carol Studio 3	Step 101 Jenny Studio A YOGA - All Levels (90-Min) Yael Studio B 1st Sat. of Month Intro to Spin (30 Min) Studio C Raising the Barre Nicole Studio 1
4:00 P	(4:15 P) New Definitions David Studio A	101 Gentle YOGA Robin Studio B		(4:15 P) New Definitions David Studio A			
5:30 P		Ab Lab - Melissa 5:30 PM (30 Min) SW Corner of Fitness Floor		Ab Lab - Derek 5:30 PM (30 Min) SW Corner of Fitness Floor			
6:00 P	ZUMBA Laura Studio A Spin Lance Studio C	New Definitions Melissa Studio A Mat PILATES Marco Studio B	ZUMBA Teresa Studio A Spin Lance Studio C	Mat PILATES Camilo Studio A Super Circuit Derek Meet at Studio A			
7:00 P	Raising the Barre Nicole Studio 1	Fight Club Gabe Studio A YOGA 1-2 Heather H Studio B	Raising the Barre Teresa Studio 1	ZUMBA Camilo Studio A			
8:00 P	Class Information: 801-553-0123 All classes are 55 minutes unless otherwise noted.		Poolside -Starting July 14 Restorative YOGA Annemarie W. (90 Min.) Studio 3				