



September

MIND AND BODY CENTER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BODYPUMP 6 - 6:55 AM <i>Peggy</i>	BODYCOMBAT 6 - 6:55 AM <i>Mitsuko</i>	BODYPUMP 6 - 6:55 AM <i>Mitsuko</i>	BODYCOMBAT 6 - 6:55 AM <i>Elizabeth</i>	BODYPUMP 6 - 6:55 AM	CXWORX 8:30 - 9 AM <i>Peggy</i>	WARM YOGA 8 - 9:30 AM <i>Kari</i>
YOGA FLOW 7 - 7:45 AM <i>Peggy</i>	NIA 8 - 8:55 AM <i>Cristin</i>	CXWORX 7 - 7:30 AM <i>Mitsuko</i>	YOGA FLOW 7 - 7:55 AM <i>Gina</i>	BODYFLOW 7 - 7:45 AM <i>Peggy</i>	YOGA FLOW 9 - 9:45 AM <i>Peggy</i>	VINYASA YOGA 10 - 11:15 AM <i>Shauna</i>
HOT YOGA FLOW 9 - 10:30 AM <i>Marisa</i>	BODYCOMBAT 9 - 9:55 AM <i>Terri</i>	HOT YOGA FLOW 9 - 10:30 AM	BELLY DANCE WORKOUT 8:00 - 8:45 AM <i>Stuti</i>	HOT YOGA 9 - 10:30 AM <i>Melinda</i>	BODYPUMP 10 - 10:55 AM <i>Peggy</i>	MAT PILATES 11:30 - 12:30 PM <i>Shauna</i>
BODYPUMP 11 - 11:55 PM <i>Mitsuko</i>	CXWORX 10 - 10:30 AM <i>Terri</i>	BODYPUMP 11 - 11:55 PM <i>Terri</i>	BODYCOMBAT 9 - 9:55 AM <i>Terri/Megan</i>	BODYPUMP 11 - 11:55 PM <i>Megan</i>	BODYFLOW 11 - 11:55 PM <i>Peggy</i>	HOT YOGA 4 - 5:30 PM <i>Melinda</i>
STRETCH & RENEW 12 - 1 PM <i>Antonio</i>	BODYFLOW 10:30 - 11:30 AM <i>Megan</i>	STRETCH & RENEW 12 - 1 PM <i>Antonio</i>	CXWORX 10 - 10:30 AM <i>Terri</i>	STRETCH & RENEW 12 - 1 PM <i>Antonio</i>	ZUMBA 12 - 1PM <i>Elizabeth</i>	
HATHA YOGA 4:30 - 5:30 PM <i>Karena</i>	HATHA YOGA 12 - 1:15 PM <i>Susie</i>	ZUMBA 1 - 1:55 PM <i>Freddie</i>	BODYFLOW 10:30 - 11:30 AM <i>Mitsuko</i>		HOT YOGA FLOW 4 - 5:30 PM <i>Kari</i>	
HOT YOGA FLOW 6 - 7:30 PM <i>Rosie</i>	YOGA FLOW 4:30 - 5:30 PM <i>Peggy</i>	HATHA YOGA 4:30 - 5:30 PM <i>Judy</i>	HATHA YOGA 12 - 1:15 PM <i>Susie</i>	<div style="border: 1px solid black; padding: 10px; text-align: center;"> <p>NO CLASSES IN THE MIND & BODY STUDIO OR THE POOL ON SEPTEMBER 16 & 17</p> </div>		
	BODYPUMP 6 - 7 PM <i>Terri</i>	HOT YOGA 6 - 7:30 PM <i>Antonio</i>	YOGA FLOW 4:30 - 5:30 PM <i>Rosie</i>			
	WARM YOGA 7:30 - 8:30 PM <i>Karena</i>		BODYPUMP 6 - 7 PM			
			WARM YOGA 7:30 - 8:30 PM <i>Karena</i>			

FITNESS STUDIO

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
STAYFIT STRENGTH 9 - 9:45 AM <i>Kaleo</i>	QIGONG 9 - 9:45 AM <i>Kaleo</i>	STAYFIT CARDIO 9 - 9:45 AM <i>Mitsuko</i>	STAYFIT MAT 9 - 9:45 AM <i>Kaleo</i>	STAYFIT BALANCE 9 - 10 AM <i>Mitsuko</i>	BARRE 10:45 - 11:35 AM <i>Jordan</i>	
MAT PILATES 11 - 11:50 AM <i>Shauna</i>	BARRE 11 - 11:50 AM <i>Jordan</i>	MAT PILATES 11 - 11:50 AM <i>Sylvia</i>	MAT PILATES 10 - 10:50 AM <i>Amanda C</i>	MAT PILATES 11 - 11:50 AM <i>Shauna</i>		
HIIT STENGTH 5 - 5:45 PM <i>Janka</i>	HIIT STENGTH 12 - 12:25 PM <i>Janka</i>	HIIT STRENGTH 5 - 5:45 PM <i>Elizabeth</i>	BARRE 11 - 11:50 AM <i>Jordan</i>	<div style="border: 1px solid black; padding: 10px; text-align: center;"> <p>NO CLASSES ON SEPTEMBER 2 FOR TO LABOR DAY</p> </div>		
	QIGONG 5 - 5:45 PM <i>Joshua</i>		HIIT STENGTH 12 - 12:25 PM <i>Megan</i>			
	BARRE 6 - 6:45 PM <i>Janka</i>		BARRE 6 - 6:45 PM <i>Janka</i>			

POOL / REFUGE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AQUA 10 - 11 AM <i>Sabrina</i>	AQUA 10 - 11 AM <i>Sabrina</i>	AQUA 10 - 11 AM <i>Freddie</i>		AQUA 10 - 11 AM	AQUA 10 - 11 AM <i>Elizabeth</i>	
		AQUA YOGA 8:30 - 9:30 AM <i>Gina (Refuge)</i>				



September

CYCLE STUDIO

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
THE TRIP 6 - 6:45 AM	VIRT SPRINT 6 - 6:30 AM	THE TRIP 6 - 6:45 AM	VIRT SPRINT 6 - 6:30 AM	THE TRIP 6 - 6:45 AM	THE TRIP 7 - 7:45 AM	VIRT SPRINT 7 - 7:30 AM
VIRT RPM 7 - 7:45 AM	WATTS 7 - 7:45 AM Jennifer	VIRT RPM 7 - 7:45 AM	RPM 7 - 7:45 AM Kari	VIRT RPM 7 - 7:45 AM	RPM 8 - 8:45 AM Mitsuko	RPM 9 - 9:45 AM Nelly
SPIN&SCULPT 8 - 8:45 AM Mitsuko	STAY FIT SPIN 9 - 9:25 AM Mitsuko	SPIN & SCULPT 8 - 8:45 AM Sehra	POWER SPIN 9:30 - 10:15 AM Sehra	SPIN & SCULPT 8 - 8:45 AM Diana	SPRINT 10 - 10:30 AM Diana	THE TRIP 10 - 10:45 AM
VIRT SPRINT 11 - 11:45 AM	THE TRIP 11:00 - 11:45 AM	VIRT SPRINT 11 - 11:45 AM	THE TRIP 11 - 11:45AM	VIRT SPRINT 12:30 - 1:15 PM	VIRT RPM 12 - 12:45 PM	VIRT RPM 1 - 1:45 PM
RPM EXPRESS 12:15 - 12:45 PM Terri	SPRINT 12:30 - 1:00 PM Diana	VIRT RPM 3 - 3:45 PM	SPRINT 12:30 - 1:00 PM Mitsuko	VIRT RPM 3 - 3:45PM	THE TRIP 3:30 - 4:15PM	VIRT SPRINT 3 - 3:30 PM
THE TRIP 4:30 - 5:15PM	VIRT RPM 3:30 - 4:15 PM	THE TRIP 4:30 - 5:15PM	VIRT RPM 3:30 - 4:15 PM	THE TRIP 4:30 - 5:15PM	NO CLASSES ON MONDAY, SEPTEMBER 2ND FOR LABOR DAY	
VIRT SPRINT 6 - 6:30 PM	POWER SCULPT 5 - 5:45 PM Janka	RPM 6 - 6:45 PM Terri	POWER SCULPT 5 - 5:45 PM Janka			
VIRT RPM 7 - 7:45 PM	THE TRIP 7 - 7:45 PM	VIRT SPRINT 7 - 7:30 PM	THE TRIP 7 - 7:45 PM			

TENNIS CLINICS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
					C TEAM 9:00 - 10:30 PM \$20 / Member Alice	
				ADULT DROP-IN 1:00 - 2:00 PM \$20 / Member Brian	LIVE BALL 11:00 - 12:00 PM \$20 / Member Brian	

KIDS CLASSES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	JR TENNIS BEGINNER 4:30 - 6:00 PM \$25 / Member Nick	JR TENNIS INT/ADV 4:00 - 6:00 PM \$30 / Member Nick		JR TENNIS INT/ADV 4:00 - 6:00 PM \$30 / Member Nick		

PILATES GROUP CLASSES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
INT. MIXED EQUIPMENT 10 - 10:50 AM \$30 / Member Shauna	M.E. SCULPT 9 - 9:50 AM \$30 / Member Amanda C.	CLASSICAL REFORMER 10 - 10:50 AM \$30 / Member Sylvia	M.E. SCULPT 9 - 9:50 AM \$30 / Member Amanda C.	INT. MIXED EQUIPMENT 10 - 10:50 AM \$30 / Member Shauna	ADVANCED REFORMER 10 - 10:50 AM \$30 / Member Paris	
REFORMER SCULPT 12 - 12:50 PM \$30 / Member Shauna	CARDIO JUMPBOARD 10 - 10:50 AM \$30 / Member Amanda C.	RESTORATIVE REFORMER 12 - 12:50 PM \$30 / Member Sylvia	FREE INTRO TO PILATES 10 - 10:50 AM New Clients Only Amanda Z.	RESTORATIVE REFORMER 11 - 11:50 AM \$30 / Member Sylvia	INT. MIXED EQUIPMENT 11:30 - 12:20 PM \$30 / Member Sylvia	
M.E. SCULPT 6 - 6:50 PM \$30 / Member Paris	CLASSICAL M. E. 12 - 12:50 PM \$30 / Member Amanda C.	M.E. SCULPT 6:00 - 6:50 PM \$30 / Member Paris		CARDIO JUMPBOARD 12 - 12:50 PM \$30 / Member Shauna	NO CLASSES IN THE PILATES STUDIO ON SEPTEMBER 18 & 19.	