



SEPTEMBER

MIND AND BODY CENTER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>BODYPUMP</b> 6 - 6:55 AM <i>Peggy</i>	<b>BODYCOMBAT</b> 6 - 6:55 AM <i>Mitsuko</i>	<b>BODYPUMP</b> 6 - 6:55 AM <i>Mitsuko</i>	<b>BODYCOMBAT</b> 6 - 6:55 AM <i>Elizabeth</i>	<b>BODYPUMP w/ CXWORX</b> 6 - 6:55 AM <i>Peggy</i>	<b>CXWORX</b> 8:30 - 9 AM <i>Peggy</i>	<b>WARM YOGA</b> 8 - 9:30 AM <i>Kari</i>
<b>YOGA FOR ATHLETES</b> 7 - 7:45 AM <i>Peggy</i>	<b>NIA</b> 8 - 8:55 AM <i>Cristin</i>	<b>CXWORX</b> 7-7:30 AM <i>Mitsuiko</i>	<b>YOGA FLOW</b> 7 - 7:55 AM <i>Gina</i>	<b>BODYFLOW</b> 7 - 7:45 AM <i>Peggy</i>	<b>YOGA FOR ATHLETES</b> 9 - 9:45 AM <i>Peggy</i>	<b>VINYASA YOGA</b> 10 - 11:15 AM <i>Shauna</i>
<b>HOT YOGA FLOW</b> 9 - 10:30 AM <i>Marisa</i>	<b>BODYCOMBAT</b> 9 - 9:55 AM <i>Terri</i>	<b>HOT YOGA FLOW</b> 9 - 10:30 AM <i>Kate</i>	<b>BELLY DANCE WORKOUT</b> 8:00-8:45am <i>Stuti</i>	<b>HOT YOGA FLOW</b> 9 - 10:30 AM <i>Kate</i>	<b>BODYPUMP</b> 10 - 10:55 AM <i>Peggy</i>	<b>MAT PILATES</b> 11:30 - 12:30 PM <i>Shauna</i>
<b>BODYPUMP</b> 11 - 11:55 PM <i>Terri</i>	<b>CXWORX</b> 10 - 10:30 AM <i>Terri</i>	<b>BODYPUMP</b> 11 - 11:55 PM <i>Terri</i>	<b>BODYCOMBAT</b> 9 - 9:55 AM <i>Terri</i>	<b>BODYPUMP</b> 11 - 11:55 PM <i>Miegan</i>	<b>BODYFLOW</b> 11 - 11:55 PM <i>Peggy</i>	<b>HOT YOGA</b> 4 - 5:30 PM <i>Melinda</i>
<b>STRETCH &amp; RENEW</b> 1:30 - 2:30 PM <i>Antonio</i>	<b>BODYFLOW</b> 10:30 - 11:30 AM <i>Miegan</i>	<b>STRETCH &amp; RENEW</b> 1:30 - 2:30 PM <i>Antonio</i>	<b>CXWORX</b> 10 - 10:30 AM <i>Terri</i>	<b>STRETCH &amp; RENEW</b> 1:30 - 2:30 PM <i>Antonio</i>	<b>ZUMBA</b> 12 - 1PM <i>Elizabeth</i>	
<b>HOT YOGA</b> 6 - 7:30 PM <i>Melinda</i>	<b>HATHA YOGA</b> 12 - 1:15 PM <i>Judy</i>	<b>HATHA YOGA</b> 4:30 - 5:30 PM <i>Judy</i>	<b>BODYFLOW</b> 10:30 - 11:30 AM <i>Mitsuko</i>		<b>HOT YOGA FLOW</b> 4 - 5:30 PM <i>Elizabeth</i>	
	<b>YOGA FOR ATHLETES</b> 4:45 - 5:45 PM <i>Elizabeth</i>	<b>HOT YOGA</b> 6 - 7:30 PM <i>Antonio</i>	<b>HATHA YOGA</b> 12 - 1:15 PM <i>Judy</i>	<div style="border: 1px solid black; padding: 10px; text-align: center;"> <p><b>Guest Policy</b></p> <p>Please be sure to check in any guests at CVAC Front</p> </div>		
	<b>BODYPUMP</b> 6 - 7 PM <i>Terri</i>		<b>YOGA FOR ATHLETES</b> 4:45 - 5:45 PM <i>Rosie</i>			
			<b>BODYPUMP</b> 6 - 7 PM <i>Natalie</i>			

FITNESS STUDIO

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>STAY FIT</b> 9 - 9:45 AM <i>Mitsuko</i>	<b>QIGONG</b> 9 - 9:45 AM <i>Joshua</i>	<b>STAY FIT</b> 9 - 9:45 AM <i>Mitsuko</i>	<b>TAI CHI</b> 9 - 9:45 AM <i>Joshua</i>	<b>STAY FIT</b> 9 - 10 AM <i>Mitsuko</i>	<b>BARRE</b> <del>10:30-11:20AM</del> <i>Jordan</i>	
<b>MAT PILATES</b> 11 - 12 PM <i>Shauna</i>	<b>BARRE</b> 11:30 AM-12:20 PM <i>Jordan</i>		<b>BARRE</b> 11:30 AM-12:20 PM <i>Jordan</i>	<b>MAT PILATES</b> 11 - 12 PM <i>Shauna</i>		
<b>ZUMBA</b> 1:00-1:55PM <i>Freddie</i>	<b>TAI CHI</b> 5-5:45PM <i>Joshua</i>	<b>MAT PILATES</b> 11 - 12 PM <i>Leah</i>	<b>QIGONG</b> 5-5:45PM <i>Joshua</i>	<div style="border: 1px solid black; padding: 10px; text-align: center;"> <p><b>CYCLE STUDIO NOW OPEN</b></p> <p>Our NEW Cycle Studio is now open! Get your blood pumping with our collection of live and virtual classes, including RPM,</p> </div>		
<b>HIIT ST:ENGTH</b> 5 - 5:45PM <i>Elizabeth</i>	<b>BELLY DANCE FUSION</b> 6-6:45PM <i>Stuti</i>	<b>HIIT STRENGTH</b> 5 :15 5:45 PM <i>Janka</i>				
<b>FUSION DANCE</b> 6 - 6:45 PM <i>Elizabeth</i>		<b>BELLY DANCE-FUSION</b> 6 - 6:45 PM <i>Stuti</i>				

POOL/ REFUGE

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



SEPTEMBER

CYCLE STUDIO

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
VIRTUAL RPM 6:00-6:45AM	WATT SPIN 6:00-6:45AM <i>Jennifer</i>	VIRTUAL RPM 6:00-6:45AM	VIRTUAL RPM 6:00-6:45AM	HIIT SPIN 7:00-7:30AM <i>Mitsuko</i>	RPM 8:00-8:45AM <i>Mitsuko</i>	POWER SPIN 9:00-9:45AM <i>Sehra</i>
SPIN&SCULPT 8:00-8:45AM <i>Mitsuko</i>	RPM 7:00-7:45AM <i>Kari</i>	SPIN & SCULPT 8:00-8:45AM <i>Mitsuko</i>	WATT SPIN 7:00-7:45AM <i>Jennifer</i>	SPIN & SCULPT 8:00-8:45AM <i>Diana</i>	INTRO 9:15-9:45AM <i>Diana</i>	RPM 10:00-10:45AM <i>Diana/Nelly</i>
VIRTUAL RPM 11:00-11:45	POWER SPIN 9:30-10:15 AM <i>Sehra</i>	VIRTUAL RPM 11:00-11:15AM	POWER SPIN 9:30-10:15AM <i>Sehra</i>	VIRTUAL RPM 12:30-1:15PM	POWER SCULPT 10:00-10:45AM <i>Diana</i>	VIRTUAL RPM 1:00-1:45PM
RPM 12:30-1:15PM <i>Terri</i>	VIRTUAL RPM 11:00-11:45AM	POWER SCULPT 12:15-1PM <i>Megan</i>	VIRTUAL RPM 11:00-11:45AM	VIRTUAL RPM 3:00-3:45PM	VIRTUAL RPM 12:00-12:45PM	VIRTUAL RPM 3:00-3:45PM
VIRTUAL RPM 4:30-5:15PM	HIIT SPIN 12:30-1:00PM <i>Mitsuko</i>	VIRTUAL RPM 3:00-3:45PM	HIIT SPIN 12:30-1:00PM <i>Diana</i>		VIRTUAL RPM 3:00-3:45PM	
HIIT SPIN 6:00-6:30PM <i>Jennifer</i>	POWER SCULPT 5:00-5:45PM <i>Janka</i>	HIIT SPIN 4:30-5:00PM <i>Janka</i>	VIRTUAL RPM 3:30-4:15PM			
VIRTUAL RPM 7:00-7:45PM	VIRTUAL RPM 7:00-7:45PM	RPM 6:00-6:45PM <i>Terri</i>	POWER SCULPT 5:00-5:45PM <i>Janka</i>			

TENNIS CLINICS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
				ADULT DROP IN CLINIC 1:00 - 2:00 PM \$20 / Member <i>Brian</i>		

KIDS CLINICS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
			PARENT & TOT 10:00 - 10:40 AM \$15 / Member <i>Leah</i>			
	JUNIOR TENNIS ORNG,GRN,YLW 4:00 - 6:00PM \$30 / Member <i>Nick</i>	JUNIOR TENNIS RED 4:00 - 5:30PM \$30 / Member <i>Nick</i>	JUNIOR TENNIS ORNG,GRN,YLW 4:00 - 6:00PM \$30 / Member <i>Nick</i>			

PILATES GROUP CLASSES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
INT. MIXED EQUIPMENT 10:00 - 10:50 AM \$30 / Member <i>Shauna</i>	M.E. SCULPT 9:00 - 9:50 AM \$30 / Member <i>Amanda C.</i>	CLASSIC REFORMER 10:00 - 10:50 AM \$30 / Member <i>Leah</i>	M.E. SCULPT 9:00 - 9:50 AM \$30 / Member <i>Amanda C.</i>	INT. MIXED EQUIPMENT 10:00 - 10:50 AM \$30 / Member <i>Shauna</i>	ADVANCED REFORMER 10:00 - 10:50 AM \$30 / Member <i>Paris</i>	
REFORMER SCULPT 12:00 - 12:50 PM \$30 / Member <i>Shauna</i>	CARDIO JUMPBOARD 10:00 - 10:50 AM \$30 / Member <i>Amanda C.</i>	ATHLETIC PILATES 12:00 - 12:50 PM \$30 / Member <i>Leah</i>	CLASSICAL M.E. 10:00 - 10:50 AM \$30 / Member <i>Amanda C.</i>	CARDIO JUMPBOARD 12:00 - 12:50 PM \$30 / Member <i>Shauna</i>		
	CLASSICAL M.E. 5:00 - 5:50 PM \$30 / Member <i>Trudy</i>	M.E. SCULPT 6:30 - 7:20 PM \$30 / Member <i>Leah</i>				