



April

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</b> 6 - 6:55 AM <i>Natalie</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>Mitsuko</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>Kelsie</i>	<b>BELLY DANCE WORKOUT</b> 8:00 - 8:45am <i>Stuti</i>	<b>HOT YOGA</b> 9 - 10:30 AM <i>Melinda</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>Mitsuko</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/Megan</i>	<b>BODYPUMP</b> 11 - 11:55 PM <i>Megan</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> 12 - 1 PM <i>Antonio</i>	<b>BODYFLOW</b> 10:30 - 11:30 AM <i>Megan</i>	<b>STRETCH &amp; RENEW</b> 12 - 1 PM <i>Antonio</i>	<b>CXWORX</b> 10 - 10:30 AM <i>Terri</i>	<b>STRETCH &amp; RENEW</b> 12 - 1 PM <i>Antonio</i>	<b>ZUMBA</b> 12 - 1PM <i>Elizabeth</i>	
<b>ZUMBA</b> 1 - 1:55PM <i>Freddie</i>	<b>HATHA YOGA</b> 12 - 1:15 PM <i>Susie</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>Kari</i>	
<b>HATHA YOGA</b> 4:30 - 5:30 PM <i>Jennifer</i>	<b>YOGA FOR ATHLETES</b> 4:30 - 5:30 PM <i>Peggy</i>	<b>HOT YOGA</b> 6 - 7:30 PM <i>Antonio</i>	<b>HATHA YOGA</b> 12 - 1:15 PM <i>Susie</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 Desk</p> </div>		
<b>HOT YOGA FLOW</b> 6 - 7:30 PM <i>Rosie</i>	<b>BODYPUMP</b> 6 - 7 PM <i>Terri</i>		<b>YOGA FOR ATHLETES</b> 4:30 - 5:30 PM <i>Rosie</i>			
			<b>BODYPUMP</b> 6 - 7 PM			

FITNESS STUDIO

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>STAYFIT STRENGTH</b> 9 - 9:45 AM <i>Kaleo</i>	<b>TAI CHI FUSION</b> 9 - 9:45 AM <i>Kaleo</i>	<b>STAYFIT CARDIO</b> 9 - 9:45 AM <i>Mitsuko</i>	<b>STAYFIT MAT</b> 9 - 9:45 AM <i>Kaleo</i>	<b>STAYFIT BALANCE</b> 9 - 10 AM <i>Mitsuko</i>	<b>BARRE</b> 10:30 - 11:20 AM <i>Jordan</i>	
<b>MAT PILATES</b> 11 - 11:50 AM <i>Shauna</i>	<b>BARRE</b> 11 - 11:50AM <i>Jordan</i>	<b>MAT PILATES</b> 11 - 11:50 AM <i>Leah</i>	<b>MAT PILATES</b> 10 - 10:50 AM <i>Amanda C</i>	<b>MAT PILATES</b> 11 - 11:50 AM <i>Shauna</i>		
<b>HIIT STENGTH</b> 5 - 5:45PM <i>Elizabeth</i>	<b>TAI CHI FUSION</b> 5 - 5:45 PM <i>Joshua</i>	<b>BARRE</b> 3 - 3:50 PM <i>Jordan</i>	<b>BARRE</b> 11 - 11:50AM <i>Jordan</i>			
	<b>BARRE</b> 6 - 6:45 PM <i>Janka</i>	<b>HIIT STRENGTH</b> 5 - 5:45PM <i>Janka</i>	<b>TAI CHI FUSION</b> 5 - 5:45 PM <i>Joshua</i>			
			<b>BARRE</b> 6 - 6:45 PM <i>Janka</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>Annie</i>		<b>AQUA</b> 10 - 11 AM <i>Leah</i>	<b>AQUA</b> 10 - 11 AM <i>Elizabeth</i>	
		<b>AQUA YOGA</b> 8:30 - 9:30 AM <i>Gina (Refuge)</i>				



March

CYCLE STUDIO

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
VIRTUAL RPM 6 - 6:45 AM	VIRTUAL RPM 6 - 6:45 AM	VIRTUAL RPM 6 - 6:45 AM	VIRTUAL RPM 6 - 6:45 AM	VIRTUAL RPM 6 - 6:45 AM	VIRTUAL RPM 7 - 7:45 AM	VIRTUAL RPM 7 - 7:45 AM
VIRTUAL RPM 7 - 7:45 AM	<b>WATTS</b> 7 - 7:45 AM <i>Jennifer</i>	VIRTUAL RPM 7 - 7:45 AM	<b>RPM</b> 7 - 7:45 AM <i>Kari</i>	VIRTUAL RPM 7 - 7:45 AM	<b>RPM</b> 8 - 8:45 AM <i>Mitsuko</i>	<b>RPM</b> 9 - 9:45 AM <i>Diana/Nelly</i>
<b>SPIN&amp;SCULPT</b> 8 - 8:45 AM <i>Mitsuko</i>	<b>STAY FIT SPIN</b> 9 - 9:25 AM <i>Mitsuko</i>	<b>SPIN &amp; SCULPT</b> 8 - 8:45 AM <i>Mitsuko</i>	<b>POWER SPIN</b> 9:30 - 10:15 AM <i>Sehra</i>	<b>SPIN &amp; SCULPT</b> 8 - 8:45 AM <i>Diana</i>	<b>POWER SCULPT</b> 10 - 10:45 AM <i>Diana</i>	<b>POWER SPI</b> 10 - 10:45 AM <i>Sehra</i>
VIRTUAL RPM 11 - 11:45 AM	VIRTUAL RPM 11:00 - 11:45 AM	VIRTUAL RPM 11 - 11:45 AM	VIRTUAL RPM 11 - 11:45AM	VIRTUAL RPM 12:30 - 1:15 PM	VIRTUAL RPM 12 - 12:45 PM	VIRTUAL RPM 1 - 1:45 PM
<b>RPM EXPRESS</b> 12:15 - 12:45 PM <i>Terri</i>	<b>HIIT SPIN</b> 12:30 - 1:00 PM <i>Diana</i>	VIRTUAL RPM 3 - 3:45 PM	<b>HIIT SPIN</b> 12:30 - 1:00 PM <i>Mitsuko</i>	VIRTUAL RPM 3 - 3:45PM	VIRTUAL RPM 3 - 3:45 PM	VIRTUAL RPM 3 - 3:45 PM
VIRTUAL RPM 3 - 3:45 PM	VIRTUAL RPM 3:30 - 4:15 PM	<b>RPM</b> 6 - 6:45 PM <i>Terri</i>	VIRTUAL RPM 3:30 - 4:15 PM			
VIRTUAL RPM 4:30 - 5:15PM	<b>POWER SCULPT</b> 5 - 5:45 PM <i>Janka</i>		<b>POWER SCULPT</b> 5 - 5:45 PM <i>Janka</i>			
<b>HIIT SPIN</b> 6 - 6:30 PM <i>Jennifer</i>	VIRTUAL RPM 7 - 7:45 PM					
VIRTUAL RPM 7 - 7:45 PM						

TENNIS CLINICS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
				<b>ADULT DROP IN CLINIC</b> 1:00 - 2:00 PM \$20 / Member <i>Brian</i>	<b>C TEAM CLINIC</b> 9:00 - 10:30 PM \$20 / Member <i>Alice</i>	
	<b>JUNIOR TENNIS RED</b> 4:30 - 6:00 PM \$30 / Member <i>Nick</i>	<b>JUNIOR TENNIS ORNG,GRN,YLW</b> 4:00 - 6:00 PM \$30 / Member <i>Nick</i>		<b>JUNIOR TENNIS ORNG,GRN,YLW</b> 4:00 - 6:00 PM \$30 / Member <i>Nick</i>	<b>LIVE BALL CLINIC</b> 11:00 - 12:00 PM \$20 / Member <i>Brian</i>	

PILATES GROUP CLASSES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>INT. MIXED EQUIPMENT</b> 10 - 10:50 AM \$30 / Member <i>Shauna</i>	<b>M.E. SCULPT</b> 9 - 9:50 AM \$30 / Member <i>Amanda C.</i>	<b>CLASSICAL REFORMER</b> 10 - 10:50 AM \$30 / Member <i>Leah</i>	<b>M.E. SCULPT</b> 9 - 9:50 AM \$30 / Member <i>Amanda C.</i>	<b>INT. MIXED EQUIPMENT</b> 10 - 10:50 AM \$30 / Member <i>Shauna</i>	<b>ADVANCED REFORMER</b> 10 - 10:50 AM \$30 / Member <i>Paris</i>	
<b>REFORMER SCULPT</b> 12 - 12:50 PM \$30 / Member <i>Shauna</i>	<b>CARDIO JUMPBOARD</b> 10 - 10:50 AM \$30 / Member <i>Amanda C.</i>	<b>RESTORATIVE REFORMER</b> 12 - 12:50 PM \$30 / Member <i>Leah</i>	<b>CLASSICAL M. E.</b> 12 - 12:50 PM \$30 / Member <i>Willow M.</i>	<b>RESTORATIVE REFORMER</b> 11 - 11:50 AM \$30 / Member <i>Leah</i>		
<b>M.E. SCULPT</b> 6 - 6:50 PM \$30 / Member <i>Paris</i>	<b>CLASSICAL M. E.</b> 12 - 12:50 PM \$30 / Member <i>Amanda C.</i>	<b>M.E. SCULPT</b> 6:30 - 7:20 PM \$30 / Member <i>Paris</i>		<b>CARDIO JUMPBOARD</b> 12 - 12:50 PM \$30 / Member <i>Shauna</i>		