





FEBRUARY 1ST - FEBRUARY 7TH

Tuesday February 1st

Frida	y, February	4 th
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	Tuesday, Februai	i y i · ·		Friday, February 4'''	
	CLASS / LOCATION	INSTRUCTOR		CLASS / LOCATION	INSTRUCTOR
7:00am-8:00am	YOGA / FITNESS ROOM 1	JOANNE	6:00am-7:00am	CYCLE / STUDIO 2	THOMAS
8:30am-9:30am	HIIT / FITNESS ROOM 1	TIA	7:30am-8:30am	GENTLE YOGA/FITNESS ROOM 1	COLLEEN
8:30am-9:30am	SPIN & STRENGTH / STUDIO 2	KRISTEN	8:30am-9:30am	WATER AEROBICS/INDOOR POOL	LLOYD
8:30am-9:30am	WATER AEROBICS / INDOOR POOL	LANA	8:30am-9:30am	MUSCLE SCULPT/RESORT LOT	KRISTEN
9:30am-10:30am	WATER AEROBICS / INDOOR POOL	JOANNE	9:30am-10:30am	WATER AEROBICS/INDOOR POOL	LLOYD
9:30am-10:30am	RYTHMIC STEP / FITNESS ROOM 1	LANA	4:00pm-5:00pm	HATHA YOGA/FITNESS ROOM 1	EVI
	RED = ADVANCED RESERVATION	REQUIRED		RED = ADVANCED RESERVATION	REQUIRED
	BLUE = FACEBOOK LIVE	OPTION		BLUE = FACEBOOK LIVE	OPTION
	Wednesday, Februa	ary 2 nd		Saturday, February 5 th	
	CLASS / LOCATION	INSTRUCTOR		CLASS / LOCATION	INSTRUCTOR
6:00am-7:00am	CYCLE / STUDIO 2	THOMAS	8:00am-9:00am	PILATES FUSION/FITNESS ROOM 1	COU
7:15am-8:15am	CYCLE / STUDIO 2	THOMAS	8:30am-9:30am	WATER AEROBICS/INDOOR POOL	HEATHER
7:30am-8:30am	VINYASA / FITNESS ROOM 1	0011551	8:30am-9:30am	0\(0) E / CTUDIO 0	0.1.0.0
	VINTASA / TTINESS ROOM T	COLLEEN	0.00diii 7.00diii	CYCLE / STUDIO 2	CARLO
8:30am-9:30am	WATER AEROBICS/INDOOR POOL	JOANNE	9:30am-10:30am	MUSCLE SCULPT/FITNESS ROOM 1	HEATHER
8:30am-9:30am 8:30am-9:30am	•			•	
	WATER AEROBICS/INDOOR POOL	JOANNE		•	
8:30am-9:30am	WATER AEROBICS/INDOOR POOL SPIN 45 / STUDIO 2	JOANNE KRISTEN		•	
8:30am-9:30am 9:00am-10:00am	WATER AEROBICS/INDOOR POOL SPIN 45 / STUDIO 2 HIIT / FITNESS ROOM 1	JOANNE KRISTEN TIA		MUSCLE SCULPT/FITNESS ROOM 1	HEATHER
8:30am-9:30am 9:00am-10:00am 9:30am-10:30am	WATER AEROBICS/INDOOR POOL SPIN 45 / STUDIO 2 HIIT / FITNESS ROOM 1 WATER AEROBICS / INDOOR POOL	JOANNE KRISTEN TIA JOANNE		MUSCLE SCULPT/FITNESS ROOM 1 RED = ADVANCED RESERVATION	HEATHER REQUIRED OPTION
8:30am-9:30am 9:00am-10:00am 9:30am-10:30am	WATER AEROBICS/INDOOR POOL SPIN 45 / STUDIO 2 HIIT / FITNESS ROOM 1 WATER AEROBICS / INDOOR POOL MUSCLE SCULPT/FITNESS ROOM 1	JOANNE KRISTEN TIA JOANNE JOANNE		MUSCLE SCULPT/FITNESS ROOM 1 RED = ADVANCED RESERVATION BLUE = FACEBOOK LIVE	HEATHER REQUIRED OPTION
8:30am-9:30am 9:00am-10:00am 9:30am-10:30am	WATER AEROBICS/INDOOR POOL SPIN 45 / STUDIO 2 HIIT / FITNESS ROOM 1 WATER AEROBICS / INDOOR POOL MUSCLE SCULPT/FITNESS ROOM 1 RED = ADVANCED RESERVATION	JOANNE KRISTEN TIA JOANNE JOANNE REQUIRED		MUSCLE SCULPT/FITNESS ROOM 1 RED = ADVANCED RESERVATION BLUE = FACEBOOK LIVE Sunday, Februal	HEATHER REQUIRED OPTION ry 6th

	Thursday, Februa	ry 3 rd				
	CLASS / LOCATION	INSTRUCTOR		Monday, February 7 th		
7:30am-8:30am	PILATES FUSION/FITNESS ROOM 1	COU		CLASS / LOCATION	INSTRUCTOR	
8:30am-9:30am	BALANCE / FITNESS ROOM 1	LANA	6:00am-7:00am	CYCLE / STUDIO 2	THOMAS	
8:30am-9:30am	WATER AEROBICS / INDOOR POOL	JOANNE	7:15am-8:15am	CYCLE / STUDIO 2	THOMAS	
8:30am-9:30am	SPIN & CIRCUITS / STUDIO 2	KRISTEN	8:00am-9:00am	PILATES FUSION/FITNESS ROOM 1	COU	
8:30am-9:30am	TABATA/RESORT PLAYGROUND	TIA	8:30am-9:30am	WATER AEROBICS/INDOOR POOL	JOANNE	
9:30am-10:30am	WATER AEROBICS / INDOOR POOL	JOANNE	8:30am-9:30am	HIIT / RESORT LOT	KRISTEN	
9:30am-10:30am	STRENGTH / FITNESS ROOM 1	LANA	9:30am-10:30am	WATER AEROBICS/INDOOR POOL	JOANNE	
4:00pm-5:00pm	YIN YOGA / FITNESS ROOM 1	EVI				
	BLUE = FACEBOOK LIVE	OPTION		RED = ADVANCED RESERVATION	REQUIRED	