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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Morning Classes					
 5:30 Spinning	 5:45 L.I.I.T.	 5:30 Spin / Circuit	 5:45 L.I.I.T.	 5:15 (60 min) Spinning	 Rm 1: 8:00 Maharishi Yoga
9:00* Ab / Jab 	9:00 Spin / Stretch 	 9:00 (45 min) Crazy Circuit	 9:00 Power Step	 9:00 Yoga	 9:00 (60 min) Super Spinning
 10:00 Zumba Gold	 10:00 Silver Sneakers Classic	 10:00 Yoga Gold	 10:00 Zumba Gold	 10:00 Silver Sneakers Circuit	
		 Sunshine Dance* RM 2: 10-10:45	 10:05 * Krav Maga Combat Kickboxing	 Rm 2: 9:00-9:45* Krav Maga	 9:45-10:15* Tiny Tigers Rm: 1
	 Rm 2: 9:00 -9:45 * Krav Maga Combat Kickboxing	 11:00 Barre / Dance			 10:15 - 11:30* Karate Kids BBC Rm1
Evening Classes					
 Sunshine Dance* Rm 1: 3:00-8:45	 Sunshine Dance* Rm 1: 2:15-6:00	 Sunshine Dance* Rm 1: 3:00-7:00	 Sunshine Dance* Rm 1: 2:15-7:30	 Sunshine Dance* Rm 1: 1:15-3:30	 12:30-1:30pm* Krav Maga Rm 2
 Sunshine Dance* Rm 2: 2:15-5:00	 Sunshine Dance* Rm 2: 3:00-7:15	 Sunshine Dance* Rm 2: 2:00-5:30	 Sunshine Dance* Rm 2: 3:00-8:15		
 5:05 Free Flex		 RM 2: 5:30* Tiny Tigers		 RM 2: 3:30-4:00* Tiny Tigers	
 6:05 Spinning	 POUND 6:05 Pound	 6:05 Crazy Circuit	 6:05 Spinning Starts Sept 12	 RM 2: 4:15-5:00* BBC	
 Rm 2: 6:05-8:05* Mindful Martial Arts	 Rm: 1 7:00 Mood Elevating Yoga	 Rm: 1 7:00 Kundalini Yoga		 RM 1 & 2: 5:00-6:00* Karate Kids	
	 Rm: 2 7:30-8:50* Mixed Martial Arts	 Rm: 2 5:45-8:50* Mindful Martial Arts	 Rm: 1 - 7:45-8:45* Krav Maga	 Rm: 1 6:00-7:00pm* Master's Club	
				 Rm: 2 6:00-8:00pm* Mixed Martial Arts	
Class Ne	Description	Intensity	Strength	Coordination	Endurance
Yoga Gold	Yoga for those with a little silver or gold in their hair.	●	●●	●●●(●)	●
Silver Sneakers	Insurance sponsored exercise class for seniors 65 and older (or younger).	●●●(●)	●●●(●)	●●	●●
Zumba Gold	A lighter version of Zumba.	●●●(●)	●	●●●(●)	●●●(●)
Spin/Stretch	45 minute Spinning, followed by solid stretching session.	●●●●	●●	●●	●●
Pound	A full body, beat-driven, cardio jam session inspired by the fun of playing the drums.	●●●●(●)	●●●●(●)	●●●●	●●●●(●)
Kundalini Yoga	Meditative yoga experience. Brings awareness to mind, body, and spirit.	●	●●	●●●(●)	●
L.I.I.T.	Low impact interval training but a great start to your day as we laugh and have fun working out.	●●●●(●●)	●●●(●●)	●(●)	●●●(●)
Mood Elevating Yoga	Get happier with logic, thoughts, breaths, and moves to cultivate mental, physical and spiritual fitness and wellness. Mixed levels	●●	●●●(●)	●●●(●)	●
Crazy Circuit	Not THAT crazy, but very adaptive to ANY fitness level. Come as you are.	●●●●(●●)	●●●●(●●)	●	●●●●(●●)
Barre/Modern Dance	Get strong, toned and coordinated at the Barre.	●	●●	●●●(●)	●

* Extra curricular class

All classes are 50-60 minutes unless otherwise indicated.