

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30 am	 GROUP RIDE Cardio	 GROUP ACTIVE 20- 20 -20 Cardio Weights Abs		 GROUP CORE 30 minutes Ripped Abs	 GROUP ACTIVE 20- 20 -20 Cardio Weights Abs	Instructors Rotate
8:30 am	 GROUP ACTIVE 20- 20 -20 Cardio Weights Abs	Ride 'n Shape Cardio	 ZUMBA Dance	 GROUP POWER Weights	 GROUP RIDE Plus  GROUP CORE Ripped Abs	 GROUP ACTIVE 20- 20 -20 Cardio Weights Abs 8:30am
9:30 am	 GROUP CENTERGY Yoga Pilates Tai-chi	 GROUP POWER Plus  GROUP CORE Ripped Abs	 GROUP ACTIVE 20- 20- 20 Cardio Weights Abs	 GROUP CENTERGY Yoga Pilates Tai-chi	 GROUP ACTIVE 20- 20- 20 Cardio Weights Abs	 ZUMBA Dance 9:30am
12:00 pm			 GROUP ACTIVE 20- 20- 20 Cardio Weights Abs		 GROUP CORE 30 minutes Ripped Abs	 GROUP CENTERGY Yoga Pilates 10:30am
4:30 pm	 GROUP ACTIVE 20 -20-20 Cardio Weights Abs	 GROUP RIDE Plus  GROUP CORE Ripped Abs	5:00 pm  GROUP CORE 30 min Ripped Abs	 GROUP STEP Cardio	 GROUP ACTIVE 20- 20- 20 Cardio Weights Abs	Club Hours Mon-Thurs 5am-9pm Friday 5am-8pm Saturday 8am-4pm Childcare Mornings Monday-Sat 8am-12pm Evenings Monday-Fri 4pm-8pm
5:30 pm	 GROUP STEP Cardio	 GROUP POWER Weights	 GROUP ACTIVE 20- 20 -20 Cardio Weights Abs Ride 'n Shape Cardio	 ZUMBA Dance		
6:30 pm	Flirty Girl Dance 18 and older	 GROUP CENTERGY Yoga Pilates Tai-chi	Hip Hop Abs Dance	Butt 'n ABS		

*****Join us for a FREE DAY OF FITNESS!*****

Print this schedule and bring it with you when you come into the club.

Good for first time visitors only. Local resident and at least 18 years of age with valid ID.