


Winter – Session II (Feb 8 – Mar 13)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	5:15-6:00 AM AM Fit Camp (Lower Gym)	5:15-6:00 AM AM Fit Camp (Lower Gym)	5:15-6:00 AM AM Fit Camp (Lower Gym)		
6:00-6:45 AM Early Morning Special (Lower Gym)		6:00-6:45 AM Early Morning Special (Lower Gym)			
8:30-9:30 AM Pilates (Spirit-Mind-Body Room)	8:30-9:30 AM Pilates (Spirit-Mind-Body Room)	8:30-9:30 AM Pilates (Spirit-Mind-Body Room)	8:30-9:30 AM Pilates (Spirit-Mind-Body Room)		8:00-9:00 AM Spin/Cycling (Life Center Lower Level)
8:45-9:45 AM Y's Way (Lower Gym)		8:45-9:45 AM Y's Way (Lower Gym)		8:45-9:45 AM Y's Way (Lower Gym)	
9:00-10:00 AM Step 'n Sculpt (Upper Gym)		9:00-10:00 AM Step 'n Sculpt (Upper Gym)		9:00-10:00 AM Step 'n Sculpt (Upper Gym)	
	9:30-10:30 AM Iron Corp (Lower Gym)		9:30-10:30 AM Iron Corp (Lower Gym)		
	9:35-10:35 AM YOGA (Spirit-Mind-Body Room)		9:35-10:35 AM YOGA (Spirit-Mind-Body Room)		
10:00-11:00 AM Recycled Teens (Life Center Lower Level)	11:00-11:45 Silver Sneakers (Spirit-Mind-Body Room)	10:00-11:00 AM Recycled Teens (Life Center Lower Level)	11:00-11:45 Silver Sneakers (Spirit-Mind-Body Room)		
	4:00-5:00 Cardio Mix (Life Center Lower Level)				
5:00-6:00 PM Beyond The Zone (Spirit-Mind-Body Room)	5:15-6:15 PM Absolutely Abs (Upper Gym)	5:00-6:00 PM Beyond The Zone (Spirit-Mind-Body Room)	5:15-6:15 PM Absolutely Abs (Upper Gym)		
5:30-6:30 PM Step 'n Sculpt (Upper Gym)	5:30-6:10 PM Spin/Cycling (Life Center Lower Level)	5:30-6:30 PM Step 'n Sculpt (Upper Gym)	5:30-6:10 PM Spin/Cycling (Life Center Lower Level)		
6:00-7:00 PM Iron Corp (Life Center Lower Level)	6:15-7:15 PM Step 'n Sculpt (Upper Gym)	6:10-7:10 PM Cardio Kick-and- Punch (Spirit-Mind-Body Room)	6:15-7:15 PM Step 'n Sculpt (Upper Gym)	 <div style="border: 1px solid black; padding: 5px; text-align: center;"> THURSDAY NIGHT 7:25-8:25 Adult Hip Hop (Upper Gym) </div>	
	6:30-7:30 PM YOGA (Spirit-Mind-Body Room)		6:30-7:30 PM YOGA (Spirit-Mind-Body Room)		