

CYCLING studio				
Mon.	5:30 - 6:15 9:30 - 10:15 5:30 - 6:15	AM AM PM	Cycling Cycling Cycling	Terri Tracey Jillian
Tues.	8:30 - 9:15	AM	Cycling	Dixie/Shaleen
Wed.	5:30 - 6:15 5:30 - 6:15	AM PM	Cycling Cycling	Karen Jerica
Thurs.	8:30 - 9:15 5:30 - 6:15	AM PM	Cycling Cycling	Kate Shaleen
Fri.	5:30 - 6:15	AM	Cycling	Jillian
Sat.	7:30 - 8:25	AM	Cycling	Jillian

Member Appreciation Day
Thursday, Sept. 9th
Main Events 5 - 7 pm
See Club for Details

The Silver Sneakers
Fitness Program
(OPEN TO ALL MEMBERS)

Mon.	8:30 - 9:15	SS Cardio Circuit	Alana
Tues..	8:30 - 9:15 10:45 - 11:30	SS SilverSplash SS Strength	Alana Kate/Alana
Wed	8:30 - 9:15	SS Cardio Circuit	Alana/Kate
Thu.	8:30 - 9:15	SS Strength	Alana
Fri.	8:30 - 9:15	SS YogaStretch	Tracey/Kate

SPECIAL
TURBOKICK Class with Maria
Saturday, Sept. 11th at 7:30 am
(No Step class this day)

GROUP-studio-FITNESS

Monday	5:30-6:15 9:30 - 10:25 10:30 - 10:55 12:10 - 12:55 5:00 - 5:55 6:00 - 6:55 7:00 - 7:55	AM AM AM PM PM PM PM	H.E.A.T. Cardio Sculpt CORE BODYPBUMP Xpress Cardio Kickboxing BODYJAM BODYPUMP	Jillian Kate Kate Julie Kick Team Melissa Jessi
Tuesday	5:30 - 6:30 9:30 - 10:30 5:00 - 5:55 6:00 - 6:55 7:00 - 7:45 7:45 - 8:45	AM AM PM PM PM PM	BODYPUMP BODYPUMP Step Adventure BODYPUMP BODYATTACK Express YOGA	Amanda Kate Step Team Deana Anita Kate
Wednesday	5:30 - 6:30 9:30 - 10:25 10:30 - 11:30 12:10 - 12:55 5:00 - 5:55 6:00 - 6:55 7:00 - 7:55	AM AM AM PM PM PM PM	BODYATTACK BODYJAM Pilates BODYPUMP Express BODYJAM H.E.A.T BODYPUMP	Jessi Maria Maria Amanda/Tara Tracey Jillian Kelley
Thursday	5:30 - 6:30 9:30 - 10:30 5:00 - 5:55 6:00 - 6:55	AM AM PM PM	BODYPUMP BODYPUMP BODYATTACK BODYPUMP	Jessi Tracey Leah Nancy/Tara
Friday	5:30 - 6:30 9:30 - 10:25 10:30 - 11:30 12:10 - 12:55 5:35 - 6:35	AM AM AM PM PM	TurboKick Step Interval Yoga BODYPUMP Xpress BODYJAM	Maria Tracey Kate Deana Tracey
Saturday	7:30 - 8:20 8:30 - 9:30 9:40 - 10:40 10:45 - 11:45	AM AM AM AM	SuperStep BODYPUMP BODYJAM Yoga	Tracey/Melissa Kate/Tracey Jam Team Kate
Sunday	8:00 - 8:55 9:00 - 9:45 10:00 - 11:00 4:00 - 5:00 5:05 - 6:00	AM AM AM PM PM	H.E.A.T. BODYPUMP Xpress Step Adventure BODYATTACK Yoga	Tracey Tracey Paul Attack Team Jill/Dawn

Schedule subject to change without notice

In the event of **bad weather**, please call the club ONE hour prior to start time of your scheduled class to ensure the class has not been cancelled.

LABOR DAY **OPEN**
Monday **7AM-NOON**
Sept. 6th

Class Schedule
8-9 BodyPump with Val/Kelley
9:30 Aqua with Barb
9-10 BodyAttack with Leah/Jessi
10-11 Yoga with Dawn

Private Swimming Lessons
For all ages, levels, and abilities. Now available day and evening, three swim instructors on staff. Available to small groups, Members and non-Members. Sign up at Front Desk.

AQUA FITNESS

(Lap lane is left open for lap swimmers except during class times)

Mon.	8:30 - 9:15 9:30 - 10:15 4:30 - 5:15	AM AM PM	Nautical Noodles Nautical Noodles Aqua Aerobix	Barb Amanda Nicole
Tues..	8:30 - 9:15 9:30 - 10:15 5:45 - 6:30	AM AM PM	SS SilverSplash Hydro Tone Aqua Aerobix	Alana Laura Amanda
Wed.	9:30 - 10:15 4:30 - 5:15	AM PM	Nautical Noodles Aqua Aerobix	Barb Nicole
Thurs.	9:30 - 10:15 5:45 - 6:30	AM PM	Aqua Aerobix H.E.A.T. Wave	Aqua Team Amanda/Paula
Fri.	9:30 - 10:15	AM	Nautical Noodles	Barb
Sat.	8:30 - 9:15	AM	Aqua Aerobix	Aqua Team

NEW Format! **NEW Times! Days! CLASSES!**

This schedule is designed for you, our members. Your comments and suggestions are WELCOME! Please direct them to: **Tracey Waller, Group Fitness Director**, at twaller@activedgefitness.com - Thank you!