

## Fall 2017

	8 – 9 a.m.	9 – 10 a.m.	10 – 11 a.m.	11 – 12 a.m.	12 - 1	1 – 2 p.m.	2 – 3 p.m.	3 – 4 p.m.	4 – 5 p.m.	5 – 6 p.m.	6 – 7 p.m.	7 – 8 p.m.
<b>Mon</b>		Body by Barre			Strength Training				Boot Camp 4:30 – 5:30	Tai Chi 5:30 – 6:30  Yoga Basic 5:30 – 6:40		Kid's Karate (Continuing Ed)
<b>Tues</b>		Adv Yoga 9:30 – 10:40			Core Fit (30 min) 12:15 – 12:45				Zumba 4:30-5:20		Volleyball 6:00-7:30	
<b>Wed</b>		Body by Barre		Yoga Basics 10:50 – 12:00	Strength Training				Boot Camp 4:30 – 5:30	Tai Chi 5:30 – 6:30	Rock Climbing (6:00 – 8:00)	Kid's Karate (Continuing Ed)
<b>Thur</b>		Adv Yoga 9:30 – 10:40			Core Fit (30 min) 12:15 – 12:45					Zumba 5:30 – 6:20	Karate 6:30 – 7:30	
<b>Fri</b>		9:00 – 1:00										
<b>Sat</b>		9:00 – 1:00				CLOSED						
<b>Sun</b>	CLOSED											

Work Out Room – available during all regular Fitness Center Hours for Open Workout/Membership/Bonus Workouts .

Gym available for Open Workout, Membership, Bonus workouts, and Drop-in use when there are no scheduled classes.