



MONDAY				
9:30AM – 10:30AM	Cardio Sport Group Dynamic™ with John	Group X Room	*Premium Class*	
11:30AM – 12:00PM	Phenomenal Abdominals with Lisa	Group X Room	30 Minutes	
4:30PM – 5:30PM	Sets & Reps with Chris	Group X Room		
5:00PM	C.S. Obstacles™ with John	Facility	*Premium Class*	
5:45PM – 6:45PM	Pilates with Leta	Group X Room		
TUESDAY				
8:30AM – 9:30AM	Pilates with Leta	Group X Room		
9:45AM – 10:45AM	Rock UR Body with Karen	Group X Room		
4:30PM – 5:30PM	Low-Impact Aerobics with Chris	Group X Room		
5:30PM – 6:30PM	Cardio Sport Group Dynamic™ with John	Group X Room	*Premium Class*	
6:30PM – 7:30PM	Yoga with Jen	Group X Room		
WEDNESDAY				
9:30AM – 10:30AM	30/30 - Cardio Box/Abs& Assets with Monica	Group X Room		
10:30AM – 11:30AM	Yoga with Jill	Group X Room		
11:00AM – 11:45AM	C.S. - The Art of Agility™ with John	Turf	45 Minutes *Premium Class*	
12:00PM – 12:30PM	Awesome Arms with Courtney	Group X Room	30 Minutes	
5:00PM – 6:00PM	C.S. Group Sport™ with John	Group X Room	*Premium Class*	
6:00PM – 7:00PM	Muscle Madness with Heather	Group X Room		
THURSDAY				

Cardio Sport offerings are Premium Classes available to all CS members. General Members may take these classes on a pay per class basis or inquire about CS Membership.



9:30AM – 10:30AM	Pilates with Leta	Group X Room		
11:30AM – 12:00PM	Core Fusion with Leta	Group X Room	30 Minutes	
5:30PM – 6:30PM	Cardio Sport Group Dynamic™ with John	Group X Room	*Premium Class*	
7:00PM – 8:00PM	Rock UR Body with Karen	Group X Room		
FRIDAY				
9:30AM – 10:30AM	Cardio Sport Group Dynamic™ with John	Group X Room	*Premium Class*	
4:30PM – 5:30PM	Sets & Reps with Chris	Group X Room		
SATURDAY				
9:00AM – 10:30AM	Cardio Sport Outdoor™ with John	Outdoors	*Premium Class*	
9:30AM – 10:30AM	Zumba with Karen	Group X Room		
10:45AM - 11:45AM	Yoga with Jen	Group X Room		
SUNDAY				

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*CS Group Dynamic™.

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Cardio Sport offerings are Premium Classes available to all CS members. General Members may take these classes on a pay per class basis or inquire about CS Membership.



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Cardio Sport offerings are Premium Classes available to all CS members. General Members may take these classes on a pay per class basis or inquire about CS Membership.



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*CS So You Think You Can?™-

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*CS The Art of Agility™.	4 5 m i n u t e s o f c o n t i n u o u s m e m b e r s h i p A c c e s s i b l e t o a l l m e m b e r s .		
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Cardio Sport offerings are Premium Classes available to all CS members. General Members may take these classes on a pay per class basis or inquire about CS Membership.



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Cardio Sport offerings are Premium Classes available to all CS members. General Members may take these classes on a pay per class basis or inquire about CS Membership.



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*CS Group Sport™.

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*CS Outdoor™.	F r o m t h e b e a c h t o t h e p l a y g r o u n d , t h i s c l a s s w		
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Cardio Sport offerings are Premium Classes available to all CS members. General Members may take these classes on a pay per class basis or inquire about CS Membership.



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Cardio Sport offerings are Premium Classes available to all CS members. General Members may take these classes on a pay per class basis or inquire about CS Membership.



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Muscle Madness-

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Cardio Sport offerings are Premium Classes available to all CS members. General Members may take these classes on a pay per class basis or inquire about CS Membership.



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Cardio Sport offerings are Premium Classes available to all CS members. General Members may take these classes on a pay per class basis or inquire about CS Membership.



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Cardio Sport offerings are Premium Classes available to all CS members. General Members may take these classes on a pay per class basis or inquire about CS Membership.



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Cardio Sport offerings are Premium Classes available to all CS members. General Members may take these classes on a pay per class basis or inquire about CS Membership.



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Cardio Sport offerings are Premium Classes available to all CS members. General Members may take these classes on a pay per class basis or inquire about CS Membership.



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Cardio Sport offerings are Premium Classes available to all CS members. General Members may take these classes on a pay per class basis or inquire about CS Membership.



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Cardio Sport offerings are Premium Classes available to all CS members. General Members may take these classes on a pay per class basis or inquire about CS Membership.



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Cardio Sport offerings are Premium Classes available to all CS members. General Members may take these classes on a pay per class basis or inquire about CS Membership.



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Cardio Sport offerings are Premium Classes available to all CS members. General Members may take these classes on a pay per class basis or inquire about CS Membership.



Awesome Arms-

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Cardio Sport offerings are Premium Classes available to all CS members. General Members may take these classes on a pay per class basis or inquire about CS Membership.



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Sets & Reps-

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Low Impact Aerobics-

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Cardio Sport offerings are Premium Classes available to all CS members. General Members may take these classes on a pay per class basis or inquire about CS Membership.



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Cardio Sport offerings are Premium Classes available to all CS members. General Members may take these classes on a pay per class basis or inquire about CS Membership.



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Cardio Sport offerings are Premium Classes available to all CS members. General Members may take these classes on a pay per class basis or inquire about CS Membership.



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Cardio Sport offerings are Premium Classes available to all CS members. General Members may take these classes on a pay per class basis or inquire about CS Membership.