



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. – The Art of Agility™ with John	Facility	*Premium Class*
5:30PM – 6:30PM	Muscle Madness with Heather	Group X Room	NEW CLASS DAY & TIME
TUESDAY			
8:30AM – 9:30AM	Pilates with Leta	Group X Room	
9:45AM – 10:45AM	Rock UR Body with Karen	Group X Room	
11:00AM	C.S. – Plyo Power™ with John	Facility	*Premium Class*
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*
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	C.S. - LAPS™ with John	Facility	*Premium Class*
11:30PM – 12:00PM	Awesome Arms with Courtney	Group X Room	30 Minutes NEW CLASS TIME
5:00PM – 6:00PM	C.S. - Group Sport™ with John	Group X Room	*Premium Class*
THURSDAY			
9:30AM – 10:30AM	Pilates with Leta	Group X Room	
11:30AM – 12:00PM	Core Fusion with Leta	Group X Room	30 Minutes

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.



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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