

MORNING ADULT SCHEDULE - Labor Day Week 9/6-9/12

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Indoor Cycling 6:00-6:45 cycling room	Indoor Cycling 6:00-6:45 cycling room	Indoor Cycling 5:45-6:45 cycling room			
CLOSED			AM Interval Express 6:00-6:45 multi room 3		7:00-7:45 Indoor Cycling cycling room ROTATION	
FOR		Yoga 8:15-9:15 buttenhiem		Indoor Cycling 8:30-9:15 cycling room	Indoor Cycling 8:00-9:00 cycling room	
LABOR		Indoor Cycling 8:30-9:15 cycling room			Box-n-Kick 8:00-9:15 rec room	
DAY	Indoor Cycling 9:00-9:45 cycling room		Indoor Cycling 9:00-9:45 cycling room		Yoga 9:00-10:15 multi room 4 ROTATION	
	Beginner Pilates 9:00-10:00 multi room 3	Joy 9:00-10:00 multi room 4	Pilates 9:00-10:00 multi room 3			
	Zumba 9:00-10:00 rec room	Body Sculpt 9:15-10:15 rec room	Zumba 9:00-10:00 rec room		Step Power Plus 9:15-10:15 rec room ROTATION	Zumba 8:30-9:30 rec rm ROTATION
		Indoor Cycling 9:30-10:15 cycling room	Fusion 10:00-11:00 rec room			Body Sculpt 9:30-10:30 rec room ROTATION
	CSI 10:00-10:45 rec room	Aqua Fit 10:00-10:45 pool	4 Ever Fit 10:00-11:00 multi room 4	Aqua Fit 10:00-10:45 pool		
	4 Ever Fit 10:00-11:00 multi room 4	Boot Camp 10:15-11:15 rec room				
		General Conditioning 10:30-11:30 multi room 4		General Conditioning 10:30-11:30 multi room 4		
		Senior Water Works 10:45-11:30 pool		Senior Water Works 10:45-11:30 pool		
		Senior Fitness 11:00-12:00 buttenheim		Senior Fitness 11:00-12:00 buttenheim		
				Joy 11:30-12:30 multi room 4		