

**EXHALE: Green / ENERGIZE: Coral / EMPOWER: Turquoise / BOLD: Premium Classes / BOLD + ITALICIZED: Available Online**

<b>CLASS NAME</b>	<b>MON</b>	<b>TUE</b>	<b>WED</b>	<b>THU</b>	<b>FRI</b>	<b>SAT</b>
Gentle Flow Yoga					9:15 AM	
Yin Yoga	<b>6:30 PM</b>					
Vinyasa Flow Yoga		10:45 AM	<b>7:30 PM</b>			9:00 AM
<b>Yoga Trapeze</b>				7:30 PM		
<b>Aerial Yoga</b>		<b>6:30 PM</b>				
Hot Vinyasa Flow Yoga					5:00 PM	
Zumba Gold (Chair)						12:00 PM
Bellydancing Body Fitness						10:15 AM
<b>Bellydancing for Performance</b>						11:30 AM
Salsa Dance Instruction		7:30 PM				
Salsa Dance Social (last Tue./ mo.)		8:00 PM				
Swerk			<b>6:15 PM</b>			
Zumba Fitness	<b>6:15 PM</b>	6:15 PM		6:15 PM		8:15 AM
<b>Bungee Bounce</b>			5:15PM/ 6:15PM			
Cardio Drumming		<b>5:30 PM</b>		<b>5:15 PM</b>		
Kickbox Step					6:15 PM	
Abs in 15					<b>5:00 PM</b>	
Power Pilates				<b>6:20 PM</b>		
Pilates Barre Fusion		4:45 PM				
Barre Intensity	<b>5:15 PM</b>	9:30 AM	6AM/ 5:15pm	6AM/ <b>5:15PM</b>	6:00 AM	
Kettlebell AMPD	<b>5:15 PM</b>					
Indoor Cycling + Glutes/ Abs	5:00 AM					
Indoor Cycling + Abs & Arms		5:00 AM		5:00 AM		
Indoor Cycling	5:45 PM	5:16PM/ 6PM		4:45 PM	5:00 AM	7:45AM/ 8:15AM
Barbell Pump	<b>9:30AM/7:30PM</b>	<b>5:15 PM</b>			<b>5:15 PM</b>	