

# FITNESS CLASS



USE THE QR CODE TO SIGN UP FOR CLASSES ONLINE!



# SCHEDULE - JUNE

| MON                                      | TUE                                       | WED   | THU                                       | FRI  |
|--|---|---|---|--|
| Spin<br>6:15-7:00AM<br>(Stephanie)       | HIIT Bootcamp<br>6:15-7:15AM<br>(Molly)   | Low Impact Cardio/Intervals<br>9:00-9:55AM<br>(Amy K) | HIIT Bootcamp<br>6:15-7:15AM<br>(Molly)   | Spin<br>6:15-7:00AM<br>(Jeff)                        |
| Water Aerobics<br>10:00-11:00AM<br>(Lee) | Water Aerobics<br>10:00-11:00AM<br>(Asia) | Core & More<br>10:00-11:00AM<br>(Amy K)               | Water Aerobics<br>10:00-11:00AM<br>(Anna) | Water Aerobics<br>10:00-11:00AM<br>(Anna)            |
| Master Swim<br>12:00-1:00PM<br>(Archie)  | PIYO<br>12:00-12:45PM<br>(Asia)           | Master Swim<br>12:00-1:30PM<br>(Archie)               | Aspen Barre<br>12:15-1:00PM<br>(Mellie)   | Cardio & Circuit Training<br>9:45-10:45AM<br>(Amy K) |
|  | Pilates<br>1:00-1:45PM<br>(Asia)          | Yoga/Uzit<br>6:15-7:30PM<br>(AMY C)<br>@ AYC          | Spin<br>5:15-6:00PM<br>(Stephanie)        |  |
|  | Stretch<br>2:00-2:45PM<br>(Asia)          | Master Swim<br>6:00-7:00PM<br>(Archie)                |   |  |
|  | Spin*<br>6:15-7:00PM<br>(Natalie)         |   |   |  |

**ARC Studio**

| MON   | TUE  | WED   | THU  | FRI                                  | SAT | SUN                                 |
|---|--|---|--|--------------------------------------|-----|-------------------------------------|
| Ying/Yang Yoga<br>6:15-7:00AM<br>(Serene)   | BODYPUMP<br>7:00-8:00AM<br>(Janelle/Lisaa) | BODYPUMP Express<br>12:00-12:45PM<br>(Asia) | Ying/Yang Yoga<br>7:00-8:00AM<br>(Serene)  | BODYPUMP<br>7:00-8:00AM<br>(Janelle) | -   | BODYPUMP<br>9:00-10:00AM<br>(Tamar) |
| BODYPUMP Express<br>12:00-12:45PM<br>(Asia) | Stretch & Core<br>12:30-1:30PM<br>(Anglea) | P90X<br>1:00-1:45PM<br>(Asia)               | Stretch & Core<br>12:30-1:30PM<br>(Angela) | Pilates<br>12:00-12:45PM<br>(Asia)   |     |                                     |
| PIYO<br>1:00-1:45PM<br>(Asia)               |  | BODYPUMP Express<br>2:00-2:45PM<br>(Asia)   |  | BODYPUMP<br>1:00-2:00PM<br>(Asia)    |     |                                     |
| BODYPUMP Express<br>2:00-2:45PM<br>(Asia)   |  |   |  |                                      |     |                                     |

**Red Brick**

HIIT Cardio\*  
2:00-2:30PM  
(Zach)

**\*NEW CLASS /TIME**