

# Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		<b>Running Class</b> 6:00AM (1 hour)			<b>Family Hike++</b> 9:00AM (2 hours)	
	<b>Pilates Basic+</b> 8:00AM (1 hour)			<b>Pilates++</b> 8:00AM (1 hour)	<b>Spin++</b> 8:30AM (1 hour)	
<b>Pilates ++</b> 9:00AM (1 hour)		<b>Yoga*</b> 8:15AM (1 hour)		<b>Yoga*</b> 9:00AM (1 hour)	<b>Spin++</b> 9:30AM (1 hour)	
<b>Spin++</b> 10:15AM (45min)		<b>Spin++</b> 10:15AM (45min)		<b>Family Tai Chi</b> 10:00AM (1 hour)		
<b>H2O Aerobics*</b> 10:30AM (1 hour)	<b>Yoga*</b> 10:30AM (1 hour)	<b>H2O Aerobics</b> 10:30AM (1 hour)	<b>Yoga*</b> 10:30AM (1 hour)	<b>H2O Aerobics*</b> 10:30AM (1 hour)	<b>H2O Aerobics*</b> 10:30AM (1 hour)	<b>Spin+++</b> 10:00AM (2 hours)
			<b>Pilates*</b> 4:00PM (1 hour)			<b>Family Yoga*</b> 12:00PM (1 hour)
<b>Spinning*</b> 5:15PM (1 hour)	<b>Step Plus +++</b> 5:00PM (1.5 hour)	<b>Tai Chi*</b> 4:15PM (1 hour)	<b>Cardio Jam ++</b> 5:30PM (1 hour)			
<b>Aqua Boot Camp</b> 5:30PM (1 hour)	<b>Swim Class</b> 5:30PM (1.5 hour) \$ TE	<b>Spin Absolution**</b> 5:15PM (1 hour)	<b>Swim Class</b> 5:30PM (1.5 hour) \$ TE	<b>Aqua Boot Camp</b> 5:30PM (1 hour)		
	<b>Pilates Ball*</b> 6:30PM (1 hour)	<b>Swim Class</b> 5:30PM (1hour) STE	<b>Pilates w/weights*</b> 6:30PM (1 hour)			
<b>Yoga *</b> 6:15PM (1 hour)		<b>Yoga*</b> 6:15PM (1 hour)				

+ Moderate Level of Intensity/Senior Friendly	* All Levels Accommodated
++ Medium Level of Intensity	\$ Fee Required
+++ High Level of Intensity	TE Team Extreme Class

