

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning			Athletic Yoga 6:00-7:00 a.m.		Athletic Yoga 7:00-8:00 a.m.		
	Muscle Works Fat Burning 9:00-10:15 a.m.	Core 8:45 -9:00 a.m.	Back to Basics 9:00-10:00 a.m.	Spin and Strength† 9:00-10:15 a.m.	Total Body Conditioning 9:00-10:00 a.m.		
		Spint 9:00-10:00 a.m.	Tai Chi 10:30 - 11:30 a.m.		Pilates: Small Equipment 10:15-11:15 a.m.	Weekend Step and Strength 10:00-11:00 a.m.	Gentle Focused Yoga for Targeted Results 9:30 - 11:00 a.m.
Afternoon							
Evening	Spin & Strength† 6:15-7:15 p.m.	Gentle Focused Yoga for Targeted Results 6:00 - 7:15 p.m.	Spin and Core† 6:30-7:30 p.m.	Pilates: Small Equipment 6:00-7:00 p.m.			
	Barre Method Intensive 7:30 - 8:30 p.m.	Focused Yoga for Targeted Results 7:30-8:30 p.m.	Range of Motion Restoration/Maintenance 7:45-8:45p.m.	Tai Chi 7:15 - 8:15 p.m.			

-  **Registered Classes**  
Drop-ins are welcome if the class is running and registration is not full
-  **Monthly Fitness Pass Classes**  
Billed continuously until you cancel  
Drop-ins are welcome
-  **Classes not running**  
Registration for all classes is online through GameTime

The † symbol denotes a class with a limited number of bikes—reserve yours at the front desk with a blue spin bike tag  
The \* symbol denotes classes that change throughout the season. Please see Rec Guide or GameTime for session dates