

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning	Muscle Works Fat Burning 9:00-10:15 a.m.		Spin and Strength† 9:00-10:00 a.m.		Total Body Conditioning 9:00-10:00 a.m.		
Afternoon						Adult Orientation 1:00-2:00 p.m.	Youth Drop-In Fitness 2:00-3:00 p.m.
Evening	Jr. Certification Test 4:15-4:45 p.m.				Jr. Orientation 4:15-5:15 p.m.		
			Youth Drop-In Fitness 8:00-9:00 p.m.				

-  **Registered Classes**
Drop-ins are welcome if the class is running and registration is not full
-  **Monthly Fitness Pass Classes**
\$30.00 / month, 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