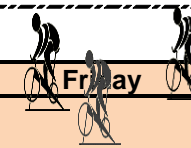


Great Room



| Class Time | Monday | Tuesday | Wednesday | Thursday | Friday | |
|------------|-----------------------------------------------------------|-----------------------------------------------|-----------------------------------------------------|-------------------------------------------------------|-----------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 6:00am | Metabolic Resistance Training 45min Eddie | | Metabolic Resistance Training 45min Eddie | | Metabolic Resistance Training 45min Eddie | |
| 7:00am | Chisel Shelley | TRX, Core & Weights Jesse | Chisel Shelley | New Year New You w/ Athletic Recovery Jesse | Chisel Shelley | |
| 8:15am | Senior-cise Sonja | Total Body Pilates Angie | Gentle Yoga Angie | Total Body Pilates Angie | Line Dance Jan | |
| 9:30am | Zumba Candy | Gentle Yoga Debbie | Zumba Candy | Gentle Yoga Debbie | Senior-cise Anita | Senior Sneakers Anita |
| 10:45am | Yoga Sonja | Beginner Line Dance Jan | Line Dance Jan | Classic Mat Pilates Debbie | | |
| 12:00pm | New Year New You w/ Athletic Recovery Jesse | Zumba Melanie | Strong Body Cardio Fit Jesse | Chair Exercises Mary Ann | Zumba Melanie | |
| 1:15pm | Safe Start Jesse | Barre 360 Melanie/Candy | Safe Start Jesse | Cardio Interval Mary Ann | Barre 360 Melanie/Candy | SOCIAL MEMBER & GUEST PAYMENT OPTIONS \$125 per month Unlimited Classes Punch Card: \$75 5 Classes Expires After 90 Days Drop In: \$20 |
| 2:30pm | Tai Chi Beginner REGISTRATION CLOSED Zai | Metabolic Resistance Training Eddie | | Metabolic Resistance Training Eddie | | |
| 3:30pm | Tai Chi Intermediate REGISTRATION CLOSED Zai | | Drumming Cardio Mary Ann | | | |
| 4:45pm | | | Fusion Cardio Mary Ann | | | |
| 5:00pm | | Gentle Yoga Angie | | Gentle Yoga Angie | | |
| 5:45pm | Line Dancing Sandi 45min | | | | | |
| 6:15pm | | | | Line Dancing Sandi | | |

Spinning Room



| Class Time | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|------------|--------------------------|---------|--------------------------|--------------------------|--------|--------------------------------|
| 9:00am | | | | | | Spinning Sandi 45min |
| 5:00pm | Spinning Sandi | | | | | |
| 5:30pm | | | Spinning Vince | | | |
| 7:00pm | | | | Spinning Annie | | |



Yacht Club

| Class Time | Tuesday | Wednesday | Thursday | Friday | Saturday |
|----------------------------------------------------|-----------------------------------------------------------|-----------|----------|--------|----------|
| <u>1:30pm</u> HARBOR VIEW ROOM | Tai Chi Beginner REGISTRATION CLOSED Zai | | | | |
| <u>2:30pm</u> HARBOR VIEW ROOM | Tai Chi Intermediate REGISTRATION CLOSED Zai | | | | |

Flex Room



| Class Time | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---------------|--------|-------------------------|-----------|------------------------------|--------|----------|
| <u>8:00am</u> | | Stretch & Flex Jesse | | | | |
| <u>9:00am</u> | | | | TRX, Core & Weights Jesse | | |

Classes are 1 Hour unless otherwise indicated