

Daybreak

<u>Day/Time</u>	<u>Class</u>	<u>Instructor</u>	<u>Location</u>	
Monday:				
5:45 am	Cycle	Rebecca	Cycle room	
9:00 am	Pump	Karisa	GF room	
7:00 pm	Cycle	Tyson	Cycle room	
8:00 pm	Power Vinyasa Yoga	Natalie	Cycle room	
Tuesday				
5:45 am	Pump	Jessica	GF room	
9:00 am	cycle	Rebecca	Cycle room	
7:00 pm	Pump	Aly	GF room	
Wednesday				
5:45 am	step	sherrie	GF room	
9:00am	extreme burn	Karli	GF room	
7:00 pm	Cycle	Tyson	Cycle room	
8:00 pm	Refresh Yoga	Jeni	Cycle room	
Thursday				
5:45 am	Insanity	Natalie	GF room	
9:00 am	HIIT	Jessica	Cycle room	*NEW
9:00 am	Zumba	kimberly	GF room	
6:30 pm	Pound	sherrie	GF room	
Friday				
5:45 am	Total body toning	Jeni	GF room	
9:00am	Pump	karli	gf room	*NEW
Saturday				
7:15am	step	Sherrie	GF room	
9:00am	Cycle	Rebecca	Cycle room	
9:00 am	High Fitness	Brooke	GF room	

Garden Park

<u>Day/Time</u>	<u>Class</u>	<u>Instructor</u>	<u>Location</u>
Monday			
9:00 am	Strength training	Jamie	Aerobics Room
Tuesday			
9:00 am	Yoga	Jeni	Aerobics Room
Wednesday			
9:00 am	Cardio	Jamie	Aerobics Room
8:00 pm	Circuit training	Brooke	Aerobics Room
Thursday			
9:00 am	Yoga	Jeni	Aerobics Room
8:00 pm	Yoga	Kristen	Aerobics Room