

SUN	MON	TUES	WED	THURS	FRI	SAT
10:00 AM House Party Cycling <i>with Sterling</i>	6:15 AM Rise & Cycle <i>with Rodney</i>	9:00 AM Human Movement (75 mins) <i>with Kevin</i>	6:15 AM Rise & Cycle <i>with Rodney</i>	9:00 AM Yoga <i>with Kevin</i>	8:00AM Aqua Blast <i>with Michele</i>	8:00 AM Cycling <i>with Rodney</i>
	10:00AM Yoga Mind & Body <i>with Maya</i>	9:00AM Aqua Rhythms Workout <i>Sue & Carol</i>	9:00AM Mat Pilates <i>with Michele</i>	9:00AM Aqua Rhythms Workout <i>Sue & Carol</i>	9:30AM Total Body <i>with Michele</i>	9:00 AM Cardio Mix-Up <i>with Karla</i>
	11:00 AM Zumba <i>with Andriana</i>		10:00AM Zumba <i>with Michele</i>	10:15 AM Zumba <i>with Andriana</i>		10:00 AM Cycling <i>with Rodney</i>
			11:30 AM Aqua Blast <i>With Michele</i>			10:00 AM Human Movement (75 mins) <i>with Kevin</i>
	6:30 PM Cardio Kickboxing <i>with Sterling</i>	6:30 PM Calypsocise <i>with Rodney</i>	6:30PM Total Body <i>with Karla</i>	6:30 PM Total Body <i>with Karla</i>		
	7:45 PM Aqua Fit <i>with Sterling</i>	7:30 PM Calypsocycle <i>with Rodney</i>	7:45 PM Aqua Blast <i>with Karla</i>	7:30 PM Cycling <i>with Karla</i>	6:30 PM Calypsocise <i>with Rodney</i>	

Indoor Group Fitness Class Protocols:

- Everyone must sign in for class. Sign in sheet will be available ONE HOUR BEFORE CLASS. It is on a first come, first served basis.
- Spots for class CANNOT be reserved over the phone.
- Must be on time. Your spot will be forfeited if
- you come to class late.
- Equipment that is used should be wiped down BEFORE and AFTER each class. Sanitizing spray bottles and paper towels will be available in all studios.
- There will be a maximum of 30 people in Studio 2 and 15 people in the Cycle Studio.

