

**MONDAY**

5:30–6:00am	<b>Rise and Shine</b>	Brianne	Jade
8:00–9:00am	<b>Total Body Fit</b>	Jocelyn	Studio 2
9:15–10:15am	<b>Aqua Fit</b>	Crystal	Pool
10:45–11:45am	<b>Stretch &amp; Align I</b>	Peggy	Jade

**TUESDAY**

9:15–10:15am	<b>Hatha</b>	Malissa	Jade
9:15–10:15am	<b>Deep Water</b>	Jeanette	Pool
11:00am–12:00pm	<b>Buff Bones</b>	Alexis	Studio 2
5:00–6:00pm	<b>Zumba®</b>	Tonya L.	Studio 1
6:00–7:00pm	<b>Basic Vinyasa</b>	Chris	Jade
7:00–8:00pm	<b>Yin/Meditation</b>	Malissa	Jade

**WEDNESDAY**

8:00–9:00am	<b>Total Body Fit</b>	Drew	Studio 2
9:15–10:15am	<b>Aqua Fit</b>	Marlene	Pool
10:45–11:45am	<b>Stretch &amp; Align II</b>	Drew	Jade
6:00–7:00pm	<b>Zumba®</b>	Jeru	Studio 2

**THURSDAY**

9:15–10:15am	<b>Hatha</b>	Drew	Jade
9:15–10:15am	<b>Deep Water</b>	Jeanette	Pool
10:45–11:45am	<b>Zumba®</b>	Kathy	Studio 1
5:00–6:00pm	<b>Zumba®</b>	Tonya L.	Studio 1
6:00–7:00pm	<b>Basic Vinyasa</b>	Brittany	Studio 2

**FRIDAY**

6:00–7:00am	<b>Pilates Mat 1–3</b>	Pam	Studio 2
9:15–10:15am	<b>Aqua Fit</b>	Teresa	Pool
10:45–11:45am	<b>Stretch &amp; Align I</b>	Peggy	Jade
4:30–5:45pm	<b>Yin/Nidra</b>	Brianne	Jade

**SATURDAY**

8:00–9:00am	<b>Pilates Mat 1–3</b>	Team	Studio 2
9:15–10:15am	<b>Deep Water</b>	Jeanette	Pool
11:00am–12:00pm	<b>Yin/Meditation</b>	Laurel	Jade

**SUNDAY**

11:30am–12:30pm	<b>Zumba®</b>	Kathy	Studio 1
4:00–5:00pm	<b>Candlelight Vinyasa</b>	Brianne	Jade

# Level One

**COMPLIMENTARY**  
EFFECTIVE 2/1/20

**Level 1 Classes are suitable for beginners, mature adults, those with restricted movements and those recovering from injuries.**

If you are recovering from an injury or have a special need please inform the instructor prior to class, as it will help to better coach you.