

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Class Title	<i>Silver Sneakers</i>	<i>Core</i>	<i>Vinyasa Yoga</i>	<i>GRIT (30 min) (Z)</i>	<i>Les Mills Body Pump</i>	<i>Kickboxing</i>	<i>Yoga: Breath and Meditation</i>
Time	10:15am	7:30am	8:30am	7:00am	7:00am	9:30am	9:00am
Instructor	Nicole Lamm	Melissa Nolan	Marissa Greenberg	Melissa Nolan	Kym Porter	Lisa Lansing	Chuck Everhart
		<i>Zumba Gold(Z)</i>	<i>Les Mills Body Pump</i>	<i>Body Pump (Z)</i>			
		9:00am	9:30am	8:00am			
		Megan Lindsey	Robin Cade	Melissa Nolan			
		<i>Refit Dance</i>	<i>Senior Strength</i>	<i>Zumba Toning(Z)</i>	<i>Y-Fusion Dance(Z)</i>	<i>Refit Dance</i>	
		10:00am	10:00am	10:00am	10:00am	10:45am	
		Sarah Ware	Kaleen Harrison	Riko	Y-Fusion Team	Sarah Ware	
		<i>Y-Fusion Dance(Z)</i>					
		10:00am					
		Y-Fusion Team					
Class Title	<i>Les Mills Body Pump</i>		<i>Strong by Zumba(Z)</i>		<i>Yoga</i>		
Time	12:00pm		12:00pm		12:00pm		
Instructor	Kym Porter		Megan Lindsey		Robin Cade		
		<i>Tai Chi</i>	<i>Pilates</i>	<i>Tai Chi</i>			
		1:00pm	1:30pm	1:00pm			
		Qijing Yue	Christlle McDonald	Qijing Yue			
			<i>Y-Fusion Dance (Z)</i>	<i>Y-Fusion Dance (Z)</i>			
			5:00pm	6:15pm			
			Janet Alward	Allison Corbett			
Class Title	<i>Zumba(Z)</i>		<i>Kickboxing</i>	<i>Yoga: Breath and Meditation</i>			
Time	6:00pm		7:00pm	6:30pm			
Instructor	Riko Saidel		Yvonne Ojie	Chuck Everhart			