

KEY	STUDIO		GYM		AQUA		ONLINE
	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:45 a.m.			SPIN® Kathleen		SPIN® Kathleen		
8:15 a.m.		AQUA FIT Kim		AQUA FIT Kim			SPIN® Nils
9:15 a.m.		BODYPUMP Kerri	BODY LAB Melissa R.	BODYPUMP Julie	BODYCOMBAT Amber		H.I.I.T. Jo
		SPIN® Julie	YOGA Elena	SPIN® Melanie	PILATES Niki	SPIN® Melissa R.	
9:30 a.m.				YOGA (Facebook) Acacia			
					AQUA FIT Cherie		
10:30 a.m.		YOGA Tammy	BODYCOMBAT Amber	YOGA Tammy	POWER SCULPT Zeynep	H.I.I.T. REMIX Zeynep	BODYPUMP Jo
			PILATES Niki		YOGA Acacia	YOGA Gayle	YOGA Tammy/Gayle
		SMART MOVES (Zoom) Melissa R.					
AFTERNOON / EVENING							
3:00 p.m.					CHAIR YOGA (Facebook) Tammy		
4:15 p.m.			■ ZUMBA Gabby				
4:30 p.m.				BODYPUMP Beth			
5:15 p.m.		BODYCOMBAT Melissa L.	BODYPUMP Robin		ZUMBA Robin		
		SPIN® Robin	POWER YOGA Mimi				
5:30 p.m.						HAPPY HOUR YOGA (Facebook) Acacia	
6:30 p.m.		ZUMBA Alternating Instructors	H.I.I.T. Ronald	BOOTCAMP Nils	BODYPUMP Melanie		
		YOGA Acacia		SPIN® Janel	SPIN® Beth		

Classes may be held outdoors, weather permitting.

Instructors and Class Format are subject to change when substitutions are needed. ● 30 minutes ■ 45 minutes ▲ 75 minutes ◆ 90 minutes

PLEASE NOTE FOR ALL CLASSES:

Remember!
Locker Rooms are NOT available at this time.

- REGISTRATION HIGHLY RECOMMENDED for all classes. Register online or by phone - no passes distributed. (Please do not leave a voicemail message as no email or voicemail registrations are accepted.)
- All classes maximum of 20 participants - EXCEPT AQUA - maximum of 12 participants in Aqua classes.
- Registration can be done 24 hours in advance, and up to 30 minutes prior to class.
- Walk-ins welcome if space permits.
- Masks and social distancing are required upon class entry and exit transitions.
- Classes may be held outdoors, weather permitting.
- Yoga Classes: Bring your own mats and props.