

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
9:00 a.m.					SMART MOVES (Facebook) Patty		
9:15 a.m.		BODYPUMP Kerri	BODY LAB Melissa R.	BODYPUMP Julie	BODYCOMBAT Amber	CORE YOGA (Facebook) Zeynep	H.I.I.T. Jo
		SPIN® Julie	YOGA Elena	SPIN® Melanie	PILATES Niki	SPIN® Amy D./Robin	
9:30 a.m.			AQUA FIT Cherie		AQUA FIT Cherie		
10:30 a.m.		YOGA Tammy	BODYCOMBAT Amber	YOGA Tammy	BODY LAB Melissa R.	POWER H.I.I.T. Zeynep	BODYPUMP Jo
		SMART MOVES (Zoom) Melissa R.	PILATES Niki		YOGA Acacia	YOGA Debbie	
<b>AFTERNOON / EVENING</b>							
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	SPIN® Amy D.				
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. CLASS SCHEDULE MAY CHANGE MONTHLY. 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 15 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 re required at all times, including during classes, along with social distancing.
- Classes may be held outdoors, weather permitting.
- Yoga Classes: Bring your own mats and props.