

# Fall 2024

# FITNESS SCHEDULE



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning		Indoor Cycling for Outdoor Improvement (Small Side - Main Gym) 6:00-7:00 a.m. (Nov 5)* Instructor: Ken		Indoor Cycling for Outdoor Improvement (Small Side - Main Gym) 6:00-7:00 a.m. (Nov 7)* Instructor: Ken			
		Reformer Essentials (Pilates Studio)* 8:00—8:50 a.m. Instructor: Jan/Heather				Friendly Walking Group (Badminton Courts) 8:00—9:00 a.m. Instructor: Fitness Attendant	
	Hatha Yoga (Tennis Studio) 9:00-10:00 a.m. Instructor: Taruna	Spin (Fitness Studio) 9:00-10:00 a.m. Instructor: Melissa	Bounce Fitness (Small Side - Main Gym) 9:00-10:00 a.m. Instructor: Gayle	Spin (Fitness Studio) 9:00-10:00 a.m. Instructor: Melissa	Total Body Bootcamp (S&C Room) 9:00-10:00 a.m. Instructor: Marko		
Mat Pilates (Tennis Studio) 10:15-11:15 a.m. Instructor: Jan /Heather	Reformer Essentials (Pilates Studio)* 10:00—10:50 a.m. Instructor: Jan/Heather	Mobility for an Active Life (Fitness Studio) 10:30-11:30 a.m. Instructor: Gayle	Morning HIIT (Fitness Studio) 10:15-11:15 a.m. Instructor: Erin	Mat Pilates (Tennis Studio) 10:15-11:15 a.m. Instructor: Jan/Heather	Spin (Fitness Studio) 10:00 - 11:00 a.m. Instructor: Hailey	Gentle Yoga (Tennis Studio) 10:00-11:00 a.m. Instructor: Taruna	
Afternoon		Strength & Movement (Fitness Studio) 10:15-11:15 a.m. Instructor: Erin		Reformer Essentials (Pilates Studio)* 11:00—11:50 a.m. Instructor: Jan/Heather	Stay Fit (Fitness Studio) 12:00-1:00 p.m. Instructor: Marko	Mobility for Racquet Sports (Tennis Studio)* 12:00—1:00 p.m. Instructor: Dan	Athletic Yoga (Tennis Studio) 11:15 a.m.-12:15 p.m. Instructor: Taruna
					Reformer Essentials (Pilates Studio)* 12:30—1:20 p.m. Instructor: Jan/Heather		
		Reformer Essentials (Pilates Studio)* 4:00—4:50 p.m. Instructor: Jan/Heather	Reformer Essentials (Pilates Studio)* 5:15—6:05 p.m. Instructor: Jan/Heather				
Evening	Fit to the Core (Fitness Studio) 5:15 - 6:15 p.m. Instructor: Amy	Reformer Essentials (Pilates Studio)* 5:15—6:05 p.m. Instructor: Jan/Heather	Reformer Essentials (Pilates Studio)* 6:15—7:05 p.m. Instructor: Jan/Heather				
		Gentle Yoga (Tennis Studio) 6:30-7:30 p.m. Instructor: Taruna	Total Body Bootcamp (Fitness Studio) 6:30—7:30 p.m. Instructor: Marko	Tai Chi (Fitness Studio) 6:45-7:45 p.m. Instructor: Wing			

 Registered Classes  
 Drop-ins are welcome if the class is running and registration is not full  
 \*Check start and end dates

 Premium Fitness Pass  
 Registration for all classes is through GameTime