

Starts September 7th FALL STAC GROUP FITNESS												
MONDAYS		TUESDAYS		WEDNESDAYS		THURSDAYS		FRIDAYS		SATURDAYS		
MORNING												
3PEAT Meg 5:30am   50 min. Studio 2		CLIMB Meg 5:30am   45 min. Studio 1		3PEAT Meg 5:30am   50 min. Studio 2		CLIMB Meg 5:30am   45 min. Studio 1		3PEAT Meg 5:30am   50 min. Studio 2				
		SMALL GROUP Meg 6:30am   50 min. Studio 2		SMALL GROUP Meg 6:30am   50 min. Studio 2		SMALL GROUP Meg 6:30am   50 min. Studio 2		H2GO Meg 8:00am   50 min Pool				
H2GO Meg 8:00am   50 min Pool	BEGINNER SPRINGBOARD** Sacha 8:00am   50 min. Studio 1	FUNCTIONAL FITNESS Meg 8:00am   50 min Studio 2		Advanced Springboard Sacha 8:00am   50 min. Studio 1 \$20 per session		LIFT Meg 8:00am   50 min. Studio 2		WATER WIEGHTS Meg 9:00am   25 min Pool	Morning Meditation Margot 8:30 am   20 min Studio 2	ENDURANCE CYCLE Angela 8:05am   45 min. Studio 1		
WATER WIEGHTS Meg 9:00am   25 min Pool	PILATES Sacha 9:00am   50 min Studio 2	LIFT Meg 9:00am   50 min Studio 2	SMALL GROUP Trista 9:00am   50 min Main Floor	CHAIR YOGA Margot 9:00am   50 min. Studio 2		FUNCTIONAL FITNESS Meg 9:00am   50 min Studio 2	CLIMB Trista 9:00am   45 min Studio 1	SMALL GROUP Trista 9:00am   50 min Main Floor	CHAIR YOGA Margot 9:00am   50 min Studio 2	Lift Piper 9:00am   50 min. Studio 2	FIRST SATURDAY Intro To SPIN Angela 9:15am   30 min Studio 1	
H2GO Meg 10:00am   50 min Pool	CARDIO STEP Trista 10:00am   50 min Studio 2	GENTLE YOGA Jacquelyn 10:00am   50 min. Studio 2		H2GO Joyce 10:00am   50 min Pool	CARDIO STEP Trista 10:00am   50 min Studio 2	Yoga 1 Jacquelyn 10:00am   50 min. Studio 2		H2GO Joyce 10:00am   50 min Pool	Zumba Heather 10:00 am   50 min Studio 2	GENTLE YOGA Piper 10:00am   50 min. Studio 2		
WATER WIEGHTS Meg 11:00am   25 min Pool				WATER WIEGHTS Joyce 11:00am   25 min. Pool				WATER WIEGHTS Joyce 11:00am   25 min Pool				
EVENING												
SMALL GROUP Jacquelyn 4:30pm   50 min. Studio 2		SMALL GROUP Jacquelyn 4:30pm   50 min. Studio 2		LIFT Trista 4:30pm   50 min. Studio 2		POWER STEP Piper 4:30pm   50 min. Studio 2		SCULPT PILATES Sarina 4:30pm   50 min. Studio 2				
SMALL GROUP Jacquelyn 5:30pm   50 min Studio 2	ENDURANCE CYCLE Angela 5:30pm   45 min Studio 1	POWER STEP Jacquelyn 5:30pm   50 min. Studio 2		SCULPT PILATES Sarina 5:30pm   50 min Studio 2	ENDURANCE CYCLE Angela 5:30pm   45 min Studio 1	GENTLE YOGA Piper 5:30pm   50 min. Studio 2						
GENTLE YOGA Jacquelyn 6:30pm   50 min. Studio 2												

**ALL CLASSES REQUIRE REGISTRATION**

**Classes Included with with Plus and Pro Level Memberships. Classes \$5.00 Drop in for Core level Membership**

SMALL GROUPS\* Included with PRO September 2nd - September 19 | \$10 DROP IN MINI SESSION  
 FALL SESSION 1 September 22nd - November 1 | FALL SESSION 2 November 3rd - December 20th (6 Weeks) 1x a week \$108, 2x a week \$216, Or included with PRO LEVEL. NO MAKE UPS. NO DROPINS. LIMITED 4-6 Spots Per Group.  
 Wellness Small Groups\*\* Fall Session 1 September 29th-November 1(5 weeks)- Beginner Springboard \$90(limit 4 spots) Not included with PRO  
 Advanced Springboard runs Weekly with 24 hour Registration up to 14 days in advance.  
 May require Pro approval for more info Try Beginner Springboard Series, or Pilates with Sacha 9:00am Monday Mornings