

# FALL CLASS SCHEDULE

September 7 - November 13

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>TABATA</b> <b>Leg INTERVAL</b>  <b>7:00-7:20AM</b> Staff	<b>TABATA</b> <b>Chest INTERVAL</b>  <b>7:00-7:20AM</b> Staff	<b>ENERGY ZONE</b> <b>SPIN</b>  <b>6:40-7:25AM</b> Susan	<b>TABATA</b> <b>Back INTERVAL</b>  <b>7:00-7:20AM</b> Staff	<b>SUNRISE</b> <b>SPIN</b>  <b>6:40-7:25AM</b> Guild
<b>COLOR KEY</b>  Group Exercise Classes Free for members		<b>CORE MAX</b> Video  <b>7:30-7:50AM</b> Cathe Friedrich		<b>CORE MAX</b> Video  <b>7:30-7:50AM</b> Cathe Friedrich
<b>GROUP CYCLE</b>  <b>12:00-12:45PM</b> Tara		  <b>12:15 - 1:05PM</b> Marie	  <b>12:15 - 1:05PM</b> Marie	<b>CARDIO SCULPT</b>  <b>12:00-12:45PM</b> Tara
			<b>BOOT CAMP</b> <b>12:00-12:35PM</b> STAFF  <b>TABATA INTERVAL</b> <b>12:40-1:00PM</b> Staff	<b>CORE CONDITIONING</b>  <b>12:45-1:00PM</b> Tara  <b>HATHA YOGA &amp; ZUMBA</b>  See Specialty Class Registration for pricing  Sept 21 - Nov 11 6 weeks
<b>HATHA YOGA</b>  <b>5:30 - 6:30PM</b> Kristin	<b>Sign-up for PERSONAL TRAINING Additional Price</b>	<b>HATHA YOGA</b>  <b>5:30 - 6:30PM</b> Kristin  <b>TABATA</b>  <b>5:40-6:00PM</b> Staff	<b>SPINERGY</b>  <b>5:45-6:30PM</b> Guild	