

SPIN STUDIO							
Please arrive 15 min Early							
	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:45A			Cycle JOCELYN		Cycle JOCELYN		
6:30A							
8:00A						Cycle JOCELYN	
9:00A	Cycle KELLY						
5:00P					Cycle TA		
6:00P		Cycle TA	Cycle KRISTI				

SILVER SNEAKERS – STUDIO A							
	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
10:20A				Cardio Circuit KATHI			
10:45A		Classic KATHI	Classic KATHI		Classic KATHI		Cardio Circuit KATHI
11:30A				Senior Chair Yoga CELESTE			
11:45A		Classic KATHI			Classic KATHI		

Not sure which class is for you? Let us help you!
Call us today (412) 828-6500