

WEEK OF OCTOBER 25TH

Monday, October 25th

CLASS / LOCATION	INSTRUCTOR	CLASS / LOCATION	INSTRUCTOR		
6:00am-7:00am	CYCLE / SPORTS CLUB STUDIO 2	THOMAS	7:30am-8:30am	PILATES FUSION / FITNESS ROOM 1	COU
7:15am-8:15am	CYCLE / SPORTS CLUB STUDIO 2	THOMAS	8:30am-9:30am	BALANCE / FITNESS ROOM 1	LANA
8:00am-9:00am	PILATES FUSION / FITNESS ROOM 1	DENISE	8:30am-9:30am	WATER AEROBICS/INDOOR POOL	JOANNE
8:30am-9:30am	WATER AEROBICS / INDOOR POOL	DIANE	8:30am-9:30am	TABATA / RESORT PLAYGROUND	TIA
8:30am-9:30am	HIIT / RESORT PLAYGROUND FIELD	JILL	9:30am-10:30am	MUSCLE SCULPT/FITNESS ROOM 1	LANA
9:30am-10:30am	WATER AEROBICS / INDOOR POOL	DIANE	9:30am-10:30am	WATER AEROBICS/INDOOR POOL	JOANNE
5:30pm-6:30pm	PILATES FUSION / FITNESS ROOM 1	COU	4:00pm-5:00pm	YIN YOGA / FITNESS ROOM 1	EVI
			5:00pm-6:00pm	B.B.B. / FITNESS ROOM 1	EVI

RED = ADVANCED RESERVATION REQUIRED
 BLUE = FACEBOOK LIVE OPTION

Tuesday, October 26th

CLASS / LOCATION	INSTRUCTOR	CLASS / LOCATION	INSTRUCTOR		
7:00am-8:00am	YOGA / FITNESS ROOM 1	JOANNE	6:00am-7:00am	CYCLE / SPORTS CLUB STUDIO 2	THOMAS
8:30am-9:30am	WATER AEROBICS/ INDOOR POOL	LANA	7:15am-8:15am	GENTLE YOGA / FITNESS ROOM 1	COLLEEN
8:30am-9:30am	HIIT / RESORT PLAYGROUND FIELD	TIA	8:30am-9:30am	WATER AEROBICS/INDOOR POOL	LLOYD
9:30am-10:30am	RHYTHMIC STEP / STUDIO 2	LANA	8:30am-9:30am	MUSCLE SCULPT/RESORT PLAYGROUND	HEATHER
9:30am-10:30am	WATER AEROBICS / INDOOR POOL	JOANNE	9:30am-10:30am	WATER AEROBICS/INDOOR POOL	LLOYD

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Wednesday, October 27th

CLASS	INSTRUCTOR	CLASS / LOCATION	INSTRUCTOR		
6:00am-7:00am	CYCLE / SPORTS CLUB STUDIO 2	THOMAS	8:00am-9:00am	PILATES FUSION / FITNESS ROOM 1	COU
7:15am-8:15am	CYCLE / SPORTS CLUB STUDIO 2	THOMAS	8:30am-9:30am	CYCLE / STUDIO 2	CARLO
8:00am-9:00am	PILATES FUSION / FITNESS ROOM 1	DENISE	8:30am-9:30am	WATER AEROBICS/INDOOR POOL	HEATHER
8:30am-9:30am	WATER AEROBICS / INDOOR POOL	DIANE	9:30am-10:30am	MUSCLE SCULPT/FITNESS ROOM 1	HEATHER
9:00am-10:00am	HIIT / FITNESS ROOM 1	TIA			
9:30am-10:30am	WATER AEROBICS / INDOOR POOL	DIANE			
5:00pm-6:00pm	MUSCLE SCULPT / FITNESS ROOM 1	JOANNE	9:00am-10:00am	WATER AEROBICS/INDOOR POOL	JOANNE

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Thursday, October 28th

CLASS / LOCATION	INSTRUCTOR	CLASS / LOCATION	INSTRUCTOR		
6:00am-7:00am	CYCLE / SPORTS CLUB STUDIO 2	THOMAS	7:30am-8:30am	PILATES FUSION / FITNESS ROOM 1	COU
7:15am-8:15am	CYCLE / SPORTS CLUB STUDIO 2	THOMAS	8:30am-9:30am	BALANCE / FITNESS ROOM 1	LANA
8:00am-9:00am	PILATES FUSION / FITNESS ROOM 1	DENISE	8:30am-9:30am	WATER AEROBICS/INDOOR POOL	JOANNE
8:30am-9:30am	WATER AEROBICS / INDOOR POOL	DIANE	8:30am-9:30am	TABATA / RESORT PLAYGROUND	TIA
8:30am-9:30am	HIIT / RESORT PLAYGROUND FIELD	JILL	9:30am-10:30am	MUSCLE SCULPT/FITNESS ROOM 1	LANA
9:30am-10:30am	WATER AEROBICS / INDOOR POOL	DIANE	9:30am-10:30am	WATER AEROBICS/INDOOR POOL	JOANNE
5:30pm-6:30pm	PILATES FUSION / FITNESS ROOM 1	COU	4:00pm-5:00pm	YIN YOGA / FITNESS ROOM 1	EVI
			5:00pm-6:00pm	B.B.B. / FITNESS ROOM 1	EVI

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Friday, October 29th

CLASS / LOCATION	INSTRUCTOR	CLASS / LOCATION	INSTRUCTOR		
6:00am-7:00am	CYCLE / SPORTS CLUB STUDIO 2	THOMAS	6:00am-7:00am	CYCLE / SPORTS CLUB STUDIO 2	THOMAS
7:15am-8:15am	GENTLE YOGA / FITNESS ROOM 1	COLLEEN	7:15am-8:15am	GENTLE YOGA / FITNESS ROOM 1	COLLEEN
8:30am-9:30am	WATER AEROBICS/INDOOR POOL	LLOYD	8:30am-9:30am	WATER AEROBICS/INDOOR POOL	LLOYD
8:30am-9:30am	MUSCLE SCULPT/RESORT PLAYGROUND	HEATHER	8:30am-9:30am	MUSCLE SCULPT/RESORT PLAYGROUND	HEATHER
9:30am-10:30am	WATER AEROBICS/INDOOR POOL	LLOYD	9:30am-10:30am	WATER AEROBICS/INDOOR POOL	LLOYD

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Saturday, October 30th

CLASS / LOCATION	INSTRUCTOR	CLASS / LOCATION	INSTRUCTOR		
6:00am-7:00am	CYCLE / SPORTS CLUB STUDIO 2	THOMAS	8:00am-9:00am	PILATES FUSION / FITNESS ROOM 1	COU
7:15am-8:15am	CYCLE / SPORTS CLUB STUDIO 2	THOMAS	8:30am-9:30am	CYCLE / STUDIO 2	CARLO
8:00am-9:00am	PILATES FUSION / FITNESS ROOM 1	DENISE	8:30am-9:30am	WATER AEROBICS/INDOOR POOL	HEATHER
8:30am-9:30am	WATER AEROBICS / INDOOR POOL	DIANE	9:30am-10:30am	MUSCLE SCULPT/FITNESS ROOM 1	HEATHER
9:00am-10:00am	HIIT / FITNESS ROOM 1	TIA			
9:30am-10:30am	WATER AEROBICS / INDOOR POOL	DIANE			
5:00pm-6:00pm	MUSCLE SCULPT / FITNESS ROOM 1	JOANNE	9:00am-10:00am	WATER AEROBICS/INDOOR POOL	JOANNE

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Sunday, October 31st

CLASS / LOCATION	INSTRUCTOR	CLASS / LOCATION	INSTRUCTOR		
6:00am-7:00am	CYCLE / SPORTS CLUB STUDIO 2	THOMAS	8:00am-9:00am	PILATES FUSION / FITNESS ROOM 1	COU
7:15am-8:15am	CYCLE / SPORTS CLUB STUDIO 2	THOMAS	8:30am-9:30am	CYCLE / STUDIO 2	CARLO
8:00am-9:00am	PILATES FUSION / FITNESS ROOM 1	DENISE	8:30am-9:30am	WATER AEROBICS/INDOOR POOL	HEATHER
8:30am-9:30am	WATER AEROBICS / INDOOR POOL	DIANE	9:30am-10:30am	MUSCLE SCULPT/FITNESS ROOM 1	HEATHER
9:00am-10:00am	HIIT / FITNESS ROOM 1	TIA			
9:30am-10:30am	WATER AEROBICS / INDOOR POOL	DIANE			
5:00pm-6:00pm	MUSCLE SCULPT / FITNESS ROOM 1	JOANNE	9:00am-10:00am	WATER AEROBICS/INDOOR POOL	JOANNE

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