



| SUN | MON | TUE | WED | THU | FRI | SAT |
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APRIL CHANGES.....

- ⇒ **SUNDAYS WARM HATHA YOGA MOVES TO 1:00 AND BECOMES A 55 MINUTE CLASS**
- ⇒ **SATURDAYS ZUMBA/CD CLASS MOVES TO 12:00**

CHANGES WE ARE WORKING ON!!!!

**We are working towards online sign ups for SPIN classes
and hope to have all online by May!**

We are not going to survey classes at this time but will do so in August for the Fall Schedule

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| 8:00 BST (1) | Nancy |
| 8:00 POUND (3) | Kristi |
| 8:00 SPIN (2) | Joe |
| 9:00 Aqua (P) | Linda |
| 9:00 BF (3) | Kristi |
| 9:00 BP (1) | Nancy/Megan |
| 10:00 BA (1) | Eric |
| 10:00 PM (3) | Cassie |
| 11:00 M&M 45 (1) | Sarah |
| 11:15 Yoga(3) | Lori |
| 12:00 Zumba/CD (1) | Sunny |

| 2 | 3 | 4 | 5 | 6 | 7 | 8 | | | | | | | |
|--|---|--|---|--|--|--|--|---|---|---|---|---|---|
| 11:30 BST/BP 90 (1) 12:00 SPIN (2) 1:00 M&M 45 (1) 1:00 Warm Hatha Yoga (3) 1:50 BC (1) 2:00 Barre (3) 2:55 BP (1) 3:05 POUND (3) 4:00 Zumba/CD (1) 4:00 BF (3) | Sarah Lori Eric Dian Ashley Linda Ashley/Cassie Megan Julie Ashleigh | 6:00 BC/BP (1) 6:00 SPIN (2) 8:00 Barre (3) 8:15 BST (1) 9:00 Aqua (P) 9:00 PL (3) 9:15 CXworx (1) 9:50 PM 45 (1) 10:00 Joint (P) 10:15 Yoga (3) 10:45 GL (1) 11:00 Aqua (P) 12:00 BF (3) 12:00 SPIN (2) 1:00 FF (1) 4:30 CS 45 (1) 5:15 CXworx (1) 5:45 BA 45 (1) 6:00 Aqua (P) 6:00 Yoga (3) 6:30 BP (1) 7:00 Int Yoga (3) 7:15 SPIN (2) 7:30 Zumba (1) | Courtney Nancy Linda Carla Stephanie Wendy Carla Sunny Stephanie Shana Ashley Sunny Cassie Chris Karen K Julie Shana Shannon Wendy Katie/Megan Ron Chris O Ildiko | 6:00 BA (1) 6:00 BF (3) 6:00 SPIN (2) 8:00 T&B (3) 8:15 SPIN (2) 8:30 KB (1) 9:00 Aqua-IT (P) 9:00 BF (3) 9:30 BA (1) 10:00 Aqua Flow (P) 10:00 Yoga (3) 10:30 BP (1) 11:00 Joint (P) 11:00 Barre (3) 12:00 M&M 45 (3) 12:00 Zumba/CD (1) 4:30 BST/BP 70 (1) 4:30 POUND (3) 5:30 BF (3) 5:45 PM 45 (1) 6:30 BC (1) 6:35 Barre 30 (3) 6:40 Spin-RPM (2) | Shana Lara Joe Julie Cindy Stephanie Lori Linda Eric Debbie Susan Cassie/Sarah Karen K Sunny Sunny Cassie Stephanie Allyson Kristi Mary Alex Rebecca Mary Alex Megan | 6:00 HIIT 45 (1) 8:30 Spin-Int (2) 8:30 PM (1) 9:00 Aqua-DW (P) 9:00 PL (3) 9:30 CS 45 (1) 10:00 Joint (P) 10:15 CXworx (1) 10:15 Yoga (3) 10:45 GL (1) 11:00 Aqua (P) 11:30 Beg Tai Chi (3) 12:00 BP 45 (1) 12:00 SPIN (2) 12:30 Int Tai Chi (3) 1:00 FF (1) 4:30 Barre (3) 5:00 Zumba /CD (1) 5:30 Spin-RPM (2) 6:00 Aqua (P) 6:00 BP (1) 6:00 Yoga (3) 7:00 Feldenkrais (3) | Nancy Stephanie Lori Donna Karen Shana Donna Shana Karen Julie Lara Bill/Linda Ashley Katie Bill/Linda Susan Shana Sunny Ashley Kristi Alesia Sunny Debbie | 6:00 BP (1) 8:00 T&B (3) 8:15 SPIN (2) 8:30 BSS (1) 9:00 Aqua-IT (P) 9:30 BF (3) 9:30 BST (1) 10:30 Feldenkrais (3) 10:30 BP (1) 12:00 CD (3) 12:00 M&M 45 (1) 4:30 BA (1) 4:30 Barre (3) 5:30 BST (1) 5:30 PM (3) 6:30 BF (3) 6:30 BC (1) 7:30 Zumba/CD (1) | Nancy Debbie Lori Eric Sunny Cassie Lara Debbie Cassie/Stephanie Julie Stephanie Shannon Mary Alex Sarah Carla Carla Ashley Ildiko | 6:00 HIIT 45 (1) 6:00 Spin-RPM (SS) 8:30 BP (1) 8:30 Pilates (3) 9:00 Aqua (P) 9:35 BF (3) 9:30 KB (1) 10:00 Joint (P) 10:30 GL (1) 10:40 Yoga (3) 11:00 Aqua (P) 11:30 BST/BP 75 (1) 12:00 POUND (3) 12:00 SPIN (2) 1:00 Zumba Gold (1) 2:15 Feldenkrais (3) 4:30 Cardio Step (1) 5:30 BP (1) | Stephanie Shana Carla Lori Wendy Carla Kristi Wendy Katie Lori Nancy Lara Cassie Jane Debbie Debbie Alesia Megan | 8:00 BST (1) 8:00 POUND (3) 8:00 SPIN (2) 9:00 Aqua (P) 9:00 BF (3) 9:00 BP (1) 10:00 BA (1) 10:00 PM (3) 11:00 M&M 45 (1) 11:15 Yoga(3) 12:00 Zumba/CD (1) | Stephanie Kristi Joe Donna Linda Nancy/Stephanie Ashley Shannon Shannon Karen Allyson |

(1) = Studio #1 (2) = Studio #2 (3) = Studio #3 (P) = Pool

All classes are 50-55 minutes in length Unless otherwise noted with a number after (ie... BST/BP 90, class is 90 minutes in length)

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| BA=BodyAttack | BC= BodyCombat | BF=BodyFlow | BP=BodyPump | BST=Body Step | BSS=Bosu, Stability, Strength | CD=Cardio Dance | CS=Cardio Step |
| FF=Forever Fit | GL=Go Low | HIIT=High Intensity Interval Training | KB=Kickboxing | M&M=Metabolic Meltdown | PL=Pilates | PM=Pure Muscle | T&B=Tone & Balance |
| <p>SPIN (Indoor Cycling) Classes will focus on Coach by Color and FTW (Functional Threshold Watt) training . SPIN-RPM—Les Mills Indoor Cycling Program Please contact Lori Miracle, lmiracle@covhlth.com if you would like to set up a SPIN Orientation or FTW Ramp Test.</p> | | | | | | | |

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| <p>11:30 BST/ BP 90 (1) 12:00 RPM-SPIN (2) 1:00 M&M 45 (1) 1:00 Warm Hatha Yoga (3) 1:50 BC (1) 2:00 Barre (3) 2:55 BP (1) 3:05 POUND (3) 4:00 Zumba/CD (1) 4:00 BF (3)</p> | <p>Carla Ashley Mary Alex Dian Sarah Shana Sarah/Megan Allyson Ildiko Danielle</p> | <p>6:00 BC/BP (1) 6:00 SPIN (2) 8:00 Barre (3) 8:15 BST (1) 9:00 Aqua (P) 9:00 PL (3) 9:15 CXworx (1) 9:50 PM 45 (1) 10:00 Joint (P) 10:15 Yoga (3) 10:45 GL (1) 11:00 Aqua (P) 12:00 BF (3) 12:00 SPIN (2) 1:00 FF (1) 4:30 CS 45 (1) 5:15 CXworx (1) 5:45 BA 45 (1) 6:00 Aqua (P) 6:00 Yoga (3) 6:30 BP (1) 7:00 Int Yoga (3) 7:15 SPIN (2) 7:30 Zumba/CD (1)</p> | <p>Ashley Nancy Sunny Carla Stephanie Wendy Carla Eric Stephanie Carla Eric Donna Katie Cindy Julie Shana Shannon Shannon Kristi Wendy Danielle/Ashley Ron Chris O Ildiko</p> | <p>6:00 BA (1) 6:00 BF (3) 6:00 SPIN (2) 8:00 T&B (3) 8:15 SPIN (2) 8:30 KB (1) 9:00 Aqua-IT (P) 9:00 BF (3) 9:30 BA (1) 10:00 Aqua Flow (P) 10:00 Yoga (3) 10:30 BP (1) 11:00 Joint (P) 11:00 Barre (3) 12:00 M&M 45 (3) 12:00 Zumba/CD (1) 4:30 BST/ BP 70 (1) 4:30 POUND (3) 5:30 BF (3) 5:45 PM 45 (1) 6:30 BC (1) 6:35 Barre 30 (3) 6:40 Spin-RPM (2)</p> | <p>Shana New Release Kari Kari Jane Shana Lara New Release Ashley Debbie Susan Ashley Karen K Susan Mary Alex Olga Sarah Ashleigh New Release Katie Rebecca Karen Megan</p> | <p>6:00 HIIT 45 (1) 6:00 SPIN (2) 8:30 PM (1) 9:00 Aqua-DW (P) 9:00 PL (3) 9:30 CS 45 (1) 10:00 Joint (P) 10:15 CXworx (1) 10:15 Yoga (3) 10:45 GL (1) 11:00 Aqua (P) 11:30 Beg Tai Chi (3) 12:00 BP 45 (1) 12:00 SPIN (2) 12:30 Int Tai Chi (3) 1:00 FF (1) 4:30 Barre (3) 5:00 Zumba /CD (1) 5:30 Spin-RPM (2) 6:00 Aqua (P) 6:00 BP (1) 6:00 Yoga (3) 7:00 Feldenkrais (3)</p> | <p>Nancy Lara Shana Donna Karen Sunny Donna Shana Karen Julie Sunny Bill/Linda Katie Stephanie Bill/Linda Susan Linda Olga Ashley Kristi Sarah Alesia Debbie</p> | <p>6:00 BP (1) 8:00 T&B (3) 8:15 SPIN (2) 9:00 Aqua-DW (P) 8:30 BSS (1) 9:30 Aqua-IT (P) 9:30 BF (3) 9:30 BST (1) 10:30 Feldenkrais (3) 10:30 BP (1) 12:00 CD (3) 12:00 M&M 45 (1) 4:30 BA (1) 4:30 Barre (3) 5:30 PM (3) 6:30 BF (3) 6:30 BC (1) 7:30 Zumba/CD (1)</p> | <p>Stephanie Stephanie Kari Sommer Lara Sunny Debbie Ashley Julie Eric Ashley Karen Alesia Sommer Ashleigh Allyson</p> | <p>6:00 HIIT 45 (1) 6:00 SPIN (2) 8:30 BP (1) 8:30 Pilates (3) 9:00 Aqua (P) 9:35 BF (3) 9:30 KB (1) 10:00 Joint (P) 10:30 GL (1) 10:40 Yoga (3) 11:00 Aqua (P) 11:30 BST/ BP 75 (1) 12:00 POUND (3) 12:00 SPIN (2) 1:00 Zumba Gold (1) 2:15 Feldenkrais (3) 4:30 Cardio Step (1) 5:30 BP (1)</p> | <p>Kate Joe Stephanie Sunny Kristi Carla Alesia Kristi Shana Carla Katie Lara Ashleigh Chris Olga Debbie Julie Danielle</p> | <p>8:00 BST (1) 8:00 POUND (3) 8:00 SPIN (2) 9:00 Aqua (P) 9:00 BF (3) 9:00 BP (1) 10:00 BA (1) 10:00 PM (3) 11:00 M&M 45 (1) 11:15 Yoga(3) 12:00 Zumba/CD (1)</p> | <p>Stephanie Ashleigh Shannon Danielle Courtney/Megan Shana Sommer Sommer Shana Allyson</p> | <p>8:00 BST (1) 8:00 POUND (3) 8:00 SPIN (2) 9:00 Aqua (P) 9:00 BF (3) 9:00 BP (1) 10:00 BA (1) 10:00 PM (3) 11:00 M&M 45 (1) 11:15 Yoga(3) 12:00 Zumba/CD (1)</p> | <p>Nancy Ashleigh Kari Shannon Ashleigh New Release Ashley Mary Alex Mary Alex Wendy Sarah Cassie Jane Olga Debbie Sunny Megan</p> | <p>6:00 HIIT 45 (1) 6:00 SPIN (2) 8:30 BP (1) 8:30 Pilates (3) 9:00 Aqua (P) 9:35 BF (3) 9:30 KB (1) 10:00 Joint (P) 10:30 GL (1) 10:40 Yoga (3) 11:00 Aqua (P) 11:30 BST/ BP 75 (1) 12:00 POUND (3) 12:00 SPIN (2) 1:00 Zumba Gold (1) 2:15 Feldenkrais (3) 4:30 Cardio Step (1) 5:30 BP (1)</p> | <p>Stephanie Joe Carla Lori Wendy Carla Kristi Wendy Alesia Lori Nancy Sarah Cassie Jane Sommer Kristi Ashley Allyson</p> | <p>8:00 BST (1) 8:00 POUND (3) 8:00 SPIN (2) 9:00 Aqua (P) 9:00 BF (3) 9:00 BP (1) 10:00 BA (1) 10:00 PM (3) 11:00 M&M 45 (1) 11:15 Yoga(3) 12:00 Zumba/CD (1)</p> | <p>Nancy Ashleigh Kari Shannon Ashleigh New Release Ashley Mary Alex Mary Alex Wendy Sarah Cassie Jane Olga Debbie Sunny Megan</p> |
| <p>Club Hours 1:00—5:00 p.m.</p>  | <p>Carla Ashley Mary Alex Dian Sarah Shana Sarah/Megan Allyson Ildiko Danielle</p> | <p>6:00 BC/BP (1) 6:00 SPIN (2) 8:00 Barre (3) 8:15 BST (1) 9:00 Aqua (P) 9:00 PL (3) 9:15 CXworx (1) 9:50 PM 45 (1) 10:00 Joint (P) 10:15 Yoga (3) 10:45 GL (1) 11:00 Aqua (P) 12:00 BF (3) 12:00 SPIN (2) 1:00 FF (1) 4:30 CS 45 (1) 5:15 CXworx (1) 5:45 BA 45 (1) 6:00 Aqua (P) 6:00 Yoga (3) 6:30 BP (1) 7:00 Int Yoga (3) 7:15 SPIN (2) 7:30 Zumba/CD (1)</p> | <p>Ashley Kari Shana Carla Stephanie Wendy Carla Lara Sunny Lori Linda Lara Katie Chris Karen K Shana Kate Kate Shannon Wendy Danielle/Megan Ron Chris O Ildiko</p> | <p>6:00 BA (1) 6:00 BF (3) 6:00 SPIN (2) 8:00 T&B (3) 8:15 SPIN (2) 8:30 KB (1) 9:00 Aqua-IT (P) 9:00 BF (3) 9:30 BA (1) 10:00 Aqua Flow (P) 10:00 Yoga (3) 10:30 BP (1) 11:00 Joint (P) 11:00 Barre (3) 12:00 M&M 45 (3) 12:00 Zumba/CD (1) 4:30 BST/ BP 70 (1) 4:30 POUND (3) 5:30 BF (3) 5:45 PM 45 (1) 6:30 BC (1) 6:35 Barre 30 (3) 6:40 Spin-RPM (2)</p> | <p>Shana New Release Lara Nancy Debbie Cindy Stephanie Lori Linda New Release Debbie Susan Cassie/Stephanie Karen K Sunny Sommer Cassie Sarah Alesia Karen Kristi Rebecca Karen Megan</p> | <p>6:00 HIIT 45 (1) 6:00 SPIN (2) 8:30 PM (1) 9:00 Aqua-DW (P) 9:00 PL (3) 9:30 CS 45 (1) 10:00 Joint (P) 10:15 CXworx (1) 10:15 Yoga (3) 10:45 GL (1) 11:00 Aqua (P) 11:30 Beg Tai Chi (3) 12:00 BP 45 (1) 12:00 SPIN (2) 12:30 Int Tai Chi (3) 1:00 FF (1) 4:30 Barre (3) 5:00 Zumba /CD (1) 5:30 Spin-RPM (2) 6:00 Aqua (P) 6:00 BP (1) 6:00 Yoga (3) 7:00 Feldenkrais (3)</p> | <p>Kate Shana Julie Lara Karen Alesia Stephanie Shana Stephanie Bill/Linda Katie Lori Bill/Linda Susan Mary Alex Olga Ashley Kristi Sarah Dian Debbie</p> | <p>6:00 BP (1) 8:00 T&B (3) 8:15 SPIN (2) 8:30 BSS (1) 9:00 Aqua-IT (P) 9:30 BF (3) 9:30 BST (1) 10:30 Feldenkrais (3) 10:30 BP (1) 12:00 CD (3) 12:00 M&M 45 (1) 4:30 BA (1) 4:30 Barre (3) 5:30 BST (1) 5:30 PM (3) 6:30 BF (3) 6:30 BC (1) 7:30 Zumba/CD (1)</p> | <p>Nancy Kari Stephanie Eric Kate Cassie Sarah Debbie Cassie/Stephanie Julie Sunny Kate Linda Alesia Sommer Kristi Ashley Allyson</p> | <p>6:00 HIIT 45 (1) 6:00 SPIN (2) 8:30 BP (1) 8:30 Pilates (3) 9:00 Aqua (P) 9:35 BF (3) 9:30 KB (1) 10:00 Joint (P) 10:30 GL (1) 10:40 Yoga (3) 11:00 Aqua (P) 11:30 BST/ BP 75 (1) 12:00 POUND (3) 12:00 SPIN (2) 1:00 Zumba Gold (1) 2:15 Feldenkrais (3) 4:30 Cardio Step (1) 5:30 BP (1)</p> | <p>Stephanie Joe Carla Lori Wendy Carla Kristi Wendy Alesia Lori Nancy Sarah Cassie Jane Sommer Kristi Ashley Megan</p> | <p>8:00 BST (1) 8:00 POUND (3) 8:00 SPIN (2) 9:00 Aqua (P) 9:00 BF (3) 9:00 BP (1) 10:00 BA (1) 10:00 PM (3) 11:00 M&M 45 (1) 11:15 Yoga(3) 12:00 Zumba/CD (1)</p> | <p>Nancy Ashleigh Kari Shannon Ashleigh New Release Ashley Mary Alex Mary Alex Wendy Sarah Cassie Jane Olga Debbie Sunny Megan</p> | | | | | | |
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