





	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 – 7:00am	Bootcamp Crossfire/Track <i>Jackie</i>	Indoor Cycling 5:30 – 6:15 <i>Kim</i>	Bootcamp Crossfire/Track <i>Jackie</i>	Sweat Equity 6 – 6:45 <i>Jocelyn</i>	Bootcamp Crossfire/Track <i>Jackie</i>		
9:00 - 9:45am	Bike to the Barre 9 - 10 ATB Studio <i>Jocelyn</i>	Circuit Track <i>Janelle</i> Child's Poses 9:15 – 10 ATB Studio <i>Kim</i>	Lift. Rest. Repeat Crossfire <i>Jackie</i> TRX FX TRX/ Strength/ Cycle <i>Andrea</i>	Raise the Barre 9 – 10 ATB Studio <i>Janelle</i>	Rock Bottom Crossfire <i>Andrea</i>	Weekend Warrior 9:15 – 10 Crossfire Track <i>Jackie/Andrea</i>	Sunday Cycle <i>Lorena</i>
10:00 - 10:45am	Power Crossfire (Stroller friendly) <i>Andrea</i>	Fired Up 10-11 Crossfire <i>Jackie</i> ABS 9:50 – 10:05 ATB Studio <i>Taylor</i>	Push & Pedal (Stroller Cycling & Strength) 10:15 – 11 <i>Chelsey</i> Active & Ageless ATB Studio <i>Trudi/ Jack</i>	Fired Up 10-11 Crossfire <i>Jackie</i>	Healing Yoga 9:30 – 10:30 ATB Studio <i>Trudi</i>		Yoga Flow 10:15 - 11 ATB Studio <i>Trudi</i> 
11:00 - 11:45am				Yoga for the Health of it 11:45 – 12:30 Lede Rooms <i>Trudi/Lorena</i>			
12:15 – 12:45 pm			Crank'd <i>Jackie</i>	Quickfit <i>Janelle</i>			
1:00 – 2:00 pm		Body Basics ATB Studio <i>Justine</i>		Body Basics ATB Studio <i>Justine</i>			
6:00 - 6:45pm	Bootcamp 6 – 7 Court C <i>Janelle</i> Yoga Flow ATB <i>Trudi</i> Cyclepath Indoor Cycling 6:30 – 7:30 <i>Jocelyn</i>	Synrgy Circuit 6 – 6:30 <i>Taylor</i> 	Bootcamp 6 – 7 Track Corner <i>Janelle</i> Akhanda Yoga 6:30 – 7:45 pm Lede Rooms <i>Trudi</i> Cycle-Cross 6:30-7:30 Bikes & Crossfire <i>Andrea</i> ABSolutely! 6:20 – 6:50 CWB Rooms (by pool) <i>Chelsey</i>	TKO Teen Knock Out 6 – 6:45 pm <i>Luke</i>  Indoor Cycling & Yoga 6:15 – 7:30 <i>Lorena</i>	Winter 2017 Drop ins run Jan. 2 – Jun. 30 Registered programs start January 9 NO CLASSES Dec. 24 – Jan. 2 or Family Day weekend Feb. 18 - 20		
7:00 – 7:45 pm	H.I.I.T. It! 7:30 – 8 Track <i>Taylor</i>	Indoor Cycling <i>Lorena</i> Ropes 7 – 7:30 <i>Jack</i>	Zumba 7 – 7:45 pm CWB Rooms <i>Chelsey</i> Fitness at the Barre 7:15 – 8:15 <i>Janelle</i>	Walk with Doc 7 – 7:45 pm  Fit & Fierce Crossfire/Track <i>Andrea</i>			