

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
FIT 45 5:45 - 6:30 am Dina SGPT Studio	FIT 30 6:00 - 6:30 am Dina SGPT Studio	FIT 45 5:45 - 6:30 am Dina SGPT Studio	FIT 60 5:45 - 6:45 am Dina SGPT Studio	IBOX 5:30 - 6:30 am Jo Jo SGPT Studio	TRX Crew 7:15 - 8:15 am Andrea Tumbling
MindfulFIT 30 8:30 - 9:00 am Dina SGPT Studio	LiftFIT 7:45 - 8:15 am Rachel E. SGPT Studio	FIT 30 8:00 - 8:30 am Dina SGPT Studio	FIT 60 8:00 - 9:00 am Dina SGPT Studio	TRXFIT 45 5:45 - 6:30 am Dina Tumbling	IBOD 8:30 - 9:30 am Jo Jo SGPT Studio
IBOD 9:15 - 10:15 am Jo Jo SGPT Studio	FIT 30 8:30 - 9:00 am Dina SGPT Studio	TRXFIT 30 8:45 - 9:15 am Dina Tumbling	TRX 9:00 - 10:00 am Andrea Tumbling	Fit 30 8:15 - 8:45 am Dina SGPT Studio	IBOD 9:30 - 10:30 am Jo Jo SGPT Studio
TRX 9:15 - 10:15 am Jen Tumbling	Aqua High Intensity SGPT 9:00 - 10:00 am Mandy Aquatics Area	FIT 45 9:30 - 10:15 am Dina SGPT Studio	Aqua High Intensity SGPT 9:00 - 10:00 am Mandy Aquatics Area	Strength Training for Runners 9:15 - 10:15 am Jen SGPT Studio	
Deep Water Workout 10:00 - 11:00 am Mandy Aquatics Area	TRX 9:00 - 10:00 am Bridget Tumbling	Deep Water Workout 10:00 - 11:00 am Mandy Aquatics Area	IBOD 9:30 - 10:30 am Jo Jo SGPT Studio	TRXFIT 45 9:15 - 10:00 am Dina Tumbling	SUNDAY
FIT 45 10:30 - 11:15 am Dina SGPT Studio	IBOX 9:15 - 10:15 am Jo Jo SGPT Studio	Aqua Warm Water Core and Balance 11:00 - 12:00 pm Mandy Aquatics Area	Aqua Flex and Stretch 10:00 - 11:00 am Mandy & Nora Aquatics Area	GTS 10:45 - 11:45 am Becky SGPT Studio	Core & Restore 12:00 - 12:45 pm Lindsey SGPT
Aqua Warm Water Core and Balance 11:00 - 12:00 pm Mandy Aquatics Area	Aqua Flex and Stretch 10:00 - 11:00 am Mandy & Nora Aquatics Area	Senior TRX Press 11:15 am - 11:45 am Rachael M. Tumbling	Fit to the CORE 10:00 - 10:30 am Ashley Tumbling	FIT4Weekend 5:30 - 6:00 pm Rachel E. SGPT Studio	
Senior TRX Press 11:15 am - 11:45 am Rachael M. Tumbling	IBOX 10:15 - 10:45 am Jo Jo SGPT Studio	IBOD 5:30 - 6:30 pm Jo Jo SGPT Studio	GluteFIT 10:30 - 11:00 am Rachel E. SGPT		
IBOX 5:30 - 6:30 pm Jo Jo SGPT Studio	Aqua Low Impact SGPT 11:00 - 12:00 pm Mandy Aquatics Area	Strength Training for Runners 7:00 - 8:00 pm Jen SGPT Studio	Aqua Low Impact SGPT 11:00 am - 12:00 pm Mandy Aquatics Area		
FIT45 6:30 - 7:15 pm Rachel E. SGPT Studio	Box FIT 30 11:15 - 11:45 am Dina Tumbling		MindfulFIT 45 11:10 - 11:55 am Dina SGPT Studio		
300 League ★ 7:15 - 8:00 pm Charmaine SGPT Studio	Power, Posture, Core, & Balance 12:00 - 12:30 pm Denise SGPT Studio		Power, Posture, Core, & Balance 12:00 - 12:30 pm Denise SGPT Studio	Must sign up in advance for SGPT Classes. Please see a Personal Trainer, Maria Crennan, or Rachael Ling to get scheduled. ★ Runs in 8-week sessions, must pre-register. Contact Cheryl Richards at redfurie39@hotmail.com ★ Runs in 8-week sessions, must pre-register. Contact Charmaine Davis at cardism02@gmail.com	
	Kettlebell Strong 5:00 - 6:00 pm Damon SGPT Studio		Kettlebell Strong 5:00 - 6:00 pm Damon SGPT Studio		
	HAC Crew 7:00 - 7:30 pm Cheryl SGPT Studio		Kick It Up 6:00 - 6:45 pm Diana SGPT Studio		
			Spin to Lose ★ 7:00 - 8:00 pm Cheryl SGPT Studio		