



Missouri Valley Family YMCA | April 27th - May 3rd

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Closed to Public Family Play Center			9:30AM-10:30AM (Family Play Center) 1:00PM-5:00PM (Family Play Center)	9:30AM-10:30AM (Family Play Center) 2:30PM-5:00PM (Family Play Center)	9:30AM-10:30AM (Family Play Center) 2:30PM-5:00PM (Family Play Center)	8:00AM-1:00PM (Family Play Center) 1:00PM-3:30PM (Family Play Center)	1:00PM-3:30PM (Family Play Center)
Child Watch Child Watch Class Room			9:30AM-11:30AM (Child Watch) <i>Child W.</i> 10:00AM-12:00PM (Child Watch) <i>Child W.</i> 10:30AM-12:30PM (Child Watch) <i>Child W.</i> 4:00PM-6:00PM (Child Watch) <i>Child W.</i> 4:30PM-6:30PM (Child Watch) <i>Child W.</i> 5:00PM-7:00PM (Child Watch) <i>Child W.</i> 5:30PM-7:00PM (Child Watch) <i>Child W.</i>	8:30AM-10:30AM (Child Watch) <i>Child W.</i> 9:00AM-11:00AM (Child Watch) <i>Child W.</i> 9:30AM-11:30AM (Child Watch) <i>Child W.</i> 10:00AM-12:00PM (Child Watch) <i>Child W.</i> 10:30AM-12:30PM (Child Watch) <i>Child W.</i> 4:00PM-6:00PM (Child Watch) <i>Child W.</i> 4:30PM-6:30PM (Child Watch) <i>Child W.</i> 5:00PM-7:00PM (Child Watch) <i>Child W.</i> 5:30PM-7:00PM (Child Watch) <i>Child W.</i>	8:30AM-10:30AM (Child Watch) <i>Child W.</i> 9:00AM-11:00AM (Child Watch) <i>Child W.</i> 9:30AM-11:30AM (Child Watch) <i>Child W.</i> 10:00AM-12:00PM (Child Watch) <i>Child W.</i> 10:30AM-12:30PM (Child Watch) <i>Child W.</i>	8:00AM-10:00AM (Child Watch) <i>Child W.</i> 8:30AM-10:30AM (Child Watch) <i>Child W.</i> 9:00AM-11:00AM (Child Watch) <i>Child W.</i> 9:30AM-11:30AM (Child Watch) <i>Child W.</i> 10:00AM-12:00PM (Child Watch) <i>Child W.</i>	
Cardio Dance Studio 1			9:45AM-10:40AM (Dance Cardio) <i>Kati A.</i>				

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Wally ball court 1 Wally Ball 1			10:00AM-11:00AM (Wally Ball 1) YMCA B.	5:00AM-6:00AM (Wally Ball 1) YMCA B.	5:00AM-6:00AM (Wally Ball 1) YMCA B.	6:00AM-7:00AM (Wally Ball 1) YMCA B.	9:00AM-10:00AM (Wally Ball 1) YMCA B.
			11:00AM-12:00PM (Wally Ball 1) YMCA B.	6:00AM-7:00AM (Wally Ball 1) YMCA B.	6:00AM-7:00AM (Wally Ball 1) YMCA B.	7:00AM-8:00AM (Wally Ball 1) YMCA B.	10:00AM-11:00AM (Wally Ball 1) YMCA B.
			12:00PM-1:00PM (Wally Ball 1) YMCA B.	7:00AM-8:00AM (Wally Ball 1) YMCA B.	7:00AM-8:00AM (Wally Ball 1) YMCA B.	8:00AM-9:00AM (Wally Ball 1) YMCA B.	11:00AM-12:00PM (Wally Ball 1) YMCA B.
			1:00PM-2:00PM (Wally Ball 1) YMCA B.	8:00AM-9:00AM (Wally Ball 1) YMCA B.	8:00AM-9:00AM (Wally Ball 1) YMCA B.	9:00AM-10:00AM (Wally Ball 1) YMCA B.	12:00PM-1:00PM (Wally Ball 1) YMCA B.
			2:00PM-3:00PM (Wally Ball 1) YMCA B.	9:00AM-10:00AM (Wally Ball 1) YMCA B.	9:00AM-10:00AM (Wally Ball 1) YMCA B.	10:00AM-11:00AM (Wally Ball 1) YMCA B.	1:00PM-2:00PM (Wally Ball 1) YMCA B.
			3:00PM-4:00PM (Wally Ball 1) YMCA B.	10:00AM-11:00AM (Wally Ball 1) YMCA B.	10:00AM-11:00AM (Wally Ball 1) YMCA B.	11:00AM-12:00PM (Wally Ball 1) YMCA B.	2:00PM-3:00PM (Wally Ball 1) YMCA B.
			4:00PM-5:00PM (Wally Ball 1) YMCA B.	11:00AM-12:00PM (Wally Ball 1) YMCA B.	11:00AM-12:00PM (Wally Ball 1) YMCA B.	12:00PM-1:00PM (Wally Ball 1) YMCA B.	3:00PM-4:00PM (Wally Ball 1) YMCA B.
			5:00PM-6:00PM (Wally Ball 1) YMCA B.	12:00PM-1:00PM (Wally Ball 1) YMCA B.	12:00PM-1:00PM (Wally Ball 1) YMCA B.	1:00PM-2:00PM (Wally Ball 1) YMCA B.	4:00PM-5:00PM (Wally Ball 1) YMCA B.
			6:00PM-7:00PM (Wally Ball 1) YMCA B.	1:00PM-2:00PM (Wally Ball 1) YMCA B.	1:00PM-2:00PM (Wally Ball 1) YMCA B.	2:00PM-3:00PM (Wally Ball 1) YMCA B.	5:00PM-6:00PM (Wally Ball 1) YMCA B.
			7:00PM-8:00PM (Wally Ball 1) YMCA B.	2:00PM-3:00PM (Wally Ball 1) YMCA B.	2:00PM-3:00PM (Wally Ball 1) YMCA B.	3:00PM-4:00PM (Wally Ball 1) YMCA B.	
			8:00PM-9:00PM (Wally Ball 1) YMCA B.	3:00PM-4:00PM (Wally Ball 1) YMCA B.	3:00PM-4:00PM (Wally Ball 1) YMCA B.	4:00PM-5:00PM (Wally Ball 1) YMCA B.	
			9:00PM-10:00PM (Wally Ball 1) YMCA B.	4:00PM-5:00PM (Wally Ball 1) YMCA B.	4:00PM-5:00PM (Wally Ball 1) YMCA B.	5:00PM-6:00PM (Wally Ball 1) YMCA B.	
				5:00PM-6:00PM (Wally Ball 1) YMCA B.	5:00PM-6:00PM (Wally Ball 1) YMCA B.		
				6:00PM-7:00PM (Wally Ball 1) YMCA B.	6:00PM-7:00PM (Wally Ball 1) YMCA B.		
			7:00PM-8:00PM (Wally Ball 1) YMCA B.	7:00PM-8:00PM (Wally Ball 1) YMCA B.			
			8:00PM-9:00PM (Wally Ball 1) YMCA B.	8:00PM-9:00PM (Wally Ball 1) YMCA B.			
			9:00PM-10:00PM (Wally Ball 1) YMCA B.	9:00PM-10:00PM (Wally Ball 1) YMCA B.			

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Racquetball check - in Racquetball Court			10:00AM-11:00AM (Racquetball) YMCA B.	5:00AM-6:00AM (Racquetball) YMCA B.	5:00AM-6:00AM (Racquetball) YMCA B.	6:00AM-7:00AM (Racquetball) YMCA B.	9:00AM-10:00AM (Racquetball) YMCA B.
			11:00AM-12:00PM (Racquetball) YMCA B.	6:00AM-7:00AM (Racquetball) YMCA B.	6:00AM-7:00AM (Racquetball) YMCA B.	7:00AM-8:00AM (Racquetball) YMCA B.	10:00AM-11:00AM (Racquetball) YMCA B.
			12:00PM-1:00PM (Racquetball) YMCA B.	7:00AM-8:00AM (Racquetball) YMCA B.	7:00AM-8:00AM (Racquetball) YMCA B.	8:00AM-9:00AM (Racquetball) YMCA B.	11:00AM-12:00PM (Racquetball) YMCA B.
			1:00PM-2:00PM (Racquetball) YMCA B.	8:00AM-9:00AM (Racquetball) YMCA B.	8:00AM-9:00AM (Racquetball) YMCA B.	9:00AM-10:00AM (Racquetball) YMCA B.	12:00PM-1:00PM (Racquetball) YMCA B.
			2:00PM-3:00PM (Racquetball) YMCA B.	9:00AM-10:00AM (Racquetball) YMCA B.	9:00AM-10:00AM (Racquetball) YMCA B.	10:00AM-11:00AM (Racquetball) YMCA B.	1:00PM-2:00PM (Racquetball) YMCA B.
			3:00PM-4:00PM (Racquetball) YMCA B.	10:00AM-11:00AM (Racquetball) YMCA B.	10:00AM-11:00AM (Racquetball) YMCA B.	11:00AM-12:00PM (Racquetball) YMCA B.	2:00PM-3:00PM (Racquetball) YMCA B.
			4:00PM-5:00PM (Racquetball) YMCA B.	11:00AM-12:00PM (Racquetball) YMCA B.	11:00AM-12:00PM (Racquetball) YMCA B.	12:00PM-1:00PM (Racquetball) YMCA B.	3:00PM-4:00PM (Racquetball) YMCA B.
			5:00PM-6:00PM (Racquetball) YMCA B.	12:00PM-1:00PM (Racquetball) YMCA B.	12:00PM-1:00PM (Racquetball) YMCA B.	1:00PM-2:00PM (Racquetball) YMCA B.	4:00PM-5:00PM (Racquetball) YMCA B.
			6:00PM-7:00PM (Racquetball) YMCA B.	1:00PM-2:00PM (Racquetball) YMCA B.	1:00PM-2:00PM (Racquetball) YMCA B.	2:00PM-3:00PM (Racquetball) YMCA B.	5:00PM-6:00PM (Racquetball) YMCA B.
			7:00PM-8:00PM (Racquetball) YMCA B.	2:00PM-3:00PM (Racquetball) YMCA B.	2:00PM-3:00PM (Racquetball) YMCA B.	3:00PM-4:00PM (Racquetball) YMCA B.	
			8:00PM-9:00PM (Racquetball) YMCA B.	3:00PM-4:00PM (Racquetball) YMCA B.	3:00PM-4:00PM (Racquetball) YMCA B.	4:00PM-5:00PM (Racquetball) YMCA B.	
			9:00PM-10:00PM (Racquetball) YMCA B.	4:00PM-5:00PM (Racquetball) YMCA B.	4:00PM-5:00PM (Racquetball) YMCA B.	5:00PM-6:00PM (Racquetball) YMCA B.	
				5:00PM-6:00PM (Racquetball) YMCA B.	5:00PM-6:00PM (Racquetball) YMCA B.		
				6:00PM-7:00PM (Racquetball) YMCA B.	6:00PM-7:00PM (Racquetball) YMCA B.		
			7:00PM-8:00PM (Racquetball) YMCA B.	7:00PM-8:00PM (Racquetball) YMCA B.			
			8:00PM-9:00PM (Racquetball) YMCA B.	8:00PM-9:00PM (Racquetball) YMCA B.			
			9:00PM-10:00PM (Racquetball) YMCA B.	9:00PM-10:00PM (Racquetball) YMCA B.			

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open to Public Family Play Center			10:30AM-2:30PM (Family Play Center) 5:00PM-7:00PM (Family Play Center)	8:00AM-9:30AM (Family Play Center) 10:30AM-2:30PM (Family Play Center) 5:00PM-7:00PM (Family Play Center)	8:00AM-9:30AM (Family Play Center) 10:30AM-2:30PM (Family Play Center) 5:00PM-7:00PM (Family Play Center)	3:30PM-6:00PM (Family Play Center)	9:00AM-1:00PM (Family Play Center) 3:30PM-6:00PM (Family Play Center)
Pilates Studio 1			10:45AM-11:40AM (Sculpt & Tone) <i>Patsy S.</i>				
Open Swim Family Splash Center			11:00AM-12:00PM (Open Swim) 1:00PM-4:30PM (Open Swim) 6:30PM-9:00PM (Open Swim)	5:00AM-9:00AM (Open Swim) 11:00AM-12:00PM (Open Swim) 2:30PM-5:00PM (Open Swim) 6:30PM-9:00PM (Open Swim)	5:00AM-9:00AM (Open Swim) 11:00AM-12:00PM (Open Swim) 1:00PM-4:30PM (Open Swim) 6:30PM-9:00PM (Open Swim)	6:00AM-9:30AM (Open Swim) 1:00PM-6:00PM (Open Swim)	9:00AM-6:00PM (Open Swim)
Noonball Johnson East Gym			11:30AM-1:00PM (Sports)		11:30AM-1:00PM (Sports)		
Noonball Johnson West Gym			11:30AM-1:00PM (Sports)		11:30AM-1:00PM (Sports)		
Swim Lessons - No open swim during this time Family Splash Center			12:00PM-1:00PM (Swim Lessons) 4:30PM-6:30PM (Swim Lessons)	9:00AM-11:00AM (Swim Lessons) 12:00PM-2:30PM (Swim Lessons) 5:00PM-6:30PM (Swim Lessons)	9:00AM-11:00AM (Swim Lessons) 12:00PM-1:00PM (Swim Lessons) 4:30PM-6:30PM (Swim Lessons)	9:30AM-1:00PM (Swim Lessons)	
Lap Swim 2 lanes Kerr Pool			12:00PM-1:00PM (Lap Swim) 4:30PM-6:30PM (Lap Swim)	12:00PM-2:30PM (Lap Swim)	12:00PM-1:00PM (Lap Swim)	10:05AM-10:50AM (Lap Swim)	
Swim Lessons Kerr Pool			12:00PM-1:00PM (Swim Lessons)	12:00PM-2:30PM (Swim Lessons) 5:00PM-5:40PM (Swim Lessons)	12:00PM-1:00PM (Swim Lessons) 4:30PM-6:30PM (Swim Lessons)		
Yoga Level 1 Mind & Body			12:05PM-12:50PM (Yoga) <i>Debi R.</i>				
BodyPump Express Studio 1			12:05PM-12:50PM (Group Strength) <i>Kat C.</i>				
Total Body Knock Out (Prior Purchase required) Functional Training Area			12:05PM-12:50PM (Small Group Training- Purchase Required) <i>Kara E.</i>		12:05PM-12:50PM (Small Group Training- Purchase Required) <i>Kara E.</i>		

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open Gym Johnson East Gym			1:00PM-4:00PM (Sports)	5:00AM-4:00PM (Sports) 2:30PM-4:00PM (Sports)	5:00AM-11:30AM (Sports) 1:00PM-11:00PM (Sports)		9:00AM-7:00PM (Sports)
Open Gym Johnson West Gym			1:00PM-4:00PM (Sports)	5:00AM-4:00PM (Sports) 2:30PM-4:00PM (Sports)	5:00AM-11:30AM (Sports) 1:00PM-11:00PM (Sports)		9:00AM-7:00PM (Sports)
Open Volleyball McDowell West Gym			1:00PM-4:00PM (Open Volleyball)				1:00PM-5:00PM (Open Volleyball)
Open Volleyball McDowell East Gym			1:00PM-11:00PM (Open Volleyball)	1:00PM-11:00PM (Open Volleyball)			
Youth Sports Activity Johnson East Gym			4:00PM-7:30PM (Sports)	4:00PM-7:30PM (Sports)		9:00AM-7:00PM (Sports)	
Youth Sports Activity Johnson West Gym			4:00PM-7:30PM (Sports)	4:00PM-7:30PM (Sports)		9:00AM-7:00PM (Sports)	
Closed McDowell West Gym			4:00PM-7:30PM (Youth Sports Programs)	4:00PM-7:30PM (Youth Sports Programs)			
BodyPump Studio 1			4:25PM-5:25PM (Group Strength) <i>Kari H.</i>	5:30PM-6:30PM (Group Strength) <i>Jayne S.</i>	9:45AM-10:45AM (Group Strength) <i>Kat C.</i>	7:45AM-8:45AM (Group Strength) <i>Sarah K.</i> 10:05AM-11:05AM (Group Strength) <i>Christina P.</i>	
Yoga Level 2 Mind & Body			5:30PM-6:25PM (Yoga) <i>Jeanne P.</i>		8:45AM-9:40AM (Yoga) <i>Lynda T.</i>		
Step Studio 1			5:30PM-6:25PM (Cardio) <i>Madison B.</i>			9:00AM-9:55AM (Cardio) <i>Madison B.</i>	
Lap Swim All Lanes Kerr Pool			6:30PM-9:00PM (Lap Swim)	5:00AM-12:00PM (Lap Swim) 2:30PM-5:40PM (Lap Swim) 6:30PM-9:00PM (Lap Swim)	5:00AM-12:00PM (Lap Swim) 6:30PM-9:00PM (Lap Swim)	6:00AM-10:05AM (Lap Swim) 10:50AM-6:00PM (Lap Swim)	9:00AM-6:00PM (Lap Swim)
Les Mills Core Mind & Body			6:30PM-7:00PM (Sculpt & Tone) <i>Darcy S.</i>				
Lap Swim/Exercise Family Splash Center				5:00AM-11:15AM (Lap Swim/Exercise)	5:00AM-8:15AM (Lap Swim/Exercise)		
Pickleball McDowell West Gym				5:00AM-1:00PM (Pickleball)	5:00AM-1:00PM (Pickleball)		
Pickleball McDowell East Gym				5:00AM-1:00PM (Pickleball)	5:00AM-1:00PM (Pickleball)		

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
BodyAttack Express Studio 1				5:30AM-6:00AM (Cardio) <i>Kari H.</i>			
Les Mills Core Studio 1				6:00AM-6:30AM (Sculpt & Tone) <i>Darcy S.</i> 12:15PM-12:45PM (Sculpt & Tone) <i>Janelle M.</i>			
Gentle Yoga Mind & Body				8:40AM-9:35AM (Yoga) <i>Elizabeth G.</i>			
PowerTone Studio 1				8:40AM-9:35AM (Sculpt & Tone) <i>Patsy S.</i>			
Stretch & Restore Mind & Body				9:45AM-10:15AM (Flexibility Training) <i>Kat C.</i>			
Cycle Express Cycle Studio				9:45AM-10:15AM (Cycle) <i>Mandy S.</i>			
Silver Sneakers Studio 1				9:45AM-10:40AM (Foreverwell) <i>Allyson H.</i>			
Stretch & Restore Cycle Studio				10:15AM-10:30AM (Flexibility Training) <i>Mandy S.</i>	9:30AM-10:00AM (Flexibility Training) <i>Mandy S.</i>		
Active Aging Strength (prior purchase required) Functional Training Area				10:15AM-10:15AM (Small Group Training- Purchase Required) <i>Kara E.</i>			
Chair Yoga Studio 1				10:45AM-11:40AM (Yoga) <i>Chris E.</i>			
AA Water Fitness Family Splash Center				11:15AM-11:55AM (Water Fitness)			
Swim Lessons - No open swim during this time Kerr Pool				12:00PM-2:30PM (Swim Lessons)			
Closed Johnson East Gym				12:00PM-2:30PM (Sports)			
Closed Johnson West Gym				12:00PM-2:30PM (Sports)			
Mixed Levels Flow Mind & Body				12:05PM-12:50PM (Yoga) <i>Brenda S.</i>			
Ladies Who Lift (Prior Purchase Required) Life Center				12:05PM-12:50PM (Small Group Training- Purchase Required) <i>Allie E.</i>			

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open Gym McDowell West Gym				1:00PM-4:00PM (Open Gym)	1:00PM-11:00PM (Open Gym)	6:00AM-7:00PM (Open Gym)	9:00AM-1:00PM (Open Gym)
Kickboxing Studio 1				4:30PM-5:25PM (Cardio) <i>Megan M.</i>			
Cycle Cycle Studio				4:30PM-5:15PM (Cycle) <i>Annette D.</i>	5:30AM-6:25AM (Cycle) <i>Dan M.</i> 8:45AM-9:30AM (Cycle) <i>Mandy S.</i>	9:00AM-9:55AM (Cycle) <i>Kilee H.</i>	
Aqua Zumba Kerr Pool				5:45PM-6:30PM (Water Fitness) 5:45PM-6:30PM (Water Fitness) <i>Whitney P.</i>		10:05AM-10:55AM (Water Fitness) 10:05AM-10:50AM (Water Fitness) <i>Whitney P.</i>	
Deep water use only Kerr Pool				5:45PM-6:30PM (Lap Swim/Exercise)			
Slides Open Family Splash Center				6:30PM-8:50PM (Slides)		1:00PM-5:50PM (Slides)	1:00PM-5:50PM (Slides)
Stretch & Restore Studio 1				6:35PM-7:05PM (Flexibility Training) <i>Jayme S.</i>			
Ultimate Circuit Studio 1					5:30AM-6:25AM (Circuit Training) <i>donnette s.</i> 12:15PM-12:45PM (Circuit Training) <i>Megan M.</i>		
CANCELED: Express Circuit (prior purchase required) Functional Training Area					5:30AM-6:00AM (Small Group Training- Purchase Required) <i>Ethan L.</i>		
Aqua Fit Family Splash Center					8:15AM-9:00AM (Water Fitness) <i>Kaye K.</i> 8:15AM-9:05AM (Water Fitness)		
Open Gym McDowell East Gym					1:00PM-11:00PM (Open Gym)	6:00AM-7:00PM (Open Gym)	9:00AM-7:00PM (Open Gym)
Lap Swim 3 lanes Kerr Pool					4:30PM-6:30PM (Lap Swim)		
Zumba Studio 1					4:30PM-5:25PM (Zumba) <i>Sabina O.</i>		10:00AM-10:55AM (Zumba) <i>Sarah W.</i>
Club Cardio Dance Mind & Body						9:00AM-9:55AM (Dance Cardio) <i>Kat C.</i>	

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Tabata Circuit Mind & Body						10:00AM-10:45AM (Circuit Training) <i>Megan M.</i>	
Somatic Flow Mind & Body							11:00AM-12:00PM (Yoga) <i>Rebecca E.</i>
Yin/Nidra Mind & Body							2:30PM-4:00PM (Yoga) <i>Brenda S.</i>



Family Wellness Mandan | April 27th - May 3rd

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Chair Yoga Studio 1			10:00AM-10:45AM (Yoga) <i>Brenda S.</i>				
Xabear Studio 1			12:00PM-12:55PM (Dance Cardio) <i>Allyson H.</i>				
Zumba Mind & Body			5:30PM-6:25PM (Zumba) <i>Naviere W.</i>				
Ultimate Circuit Studio 1			5:45PM-6:20PM (Circuit Training) <i>Holly N.</i>				
BodyPump Studio 1			6:30PM-7:30PM (Group Strength) <i>Whitney P.</i>	5:30PM-6:30PM (Group Strength) <i>Holly N.</i>	5:30AM-6:30AM (Group Strength) <i>Whitney P.</i> 9:45AM-10:45AM (Group Strength) <i>Kari H.</i>	10:05AM-11:05AM (Group Strength) <i>Holly N.</i>	10:20AM-11:20AM (Group Strength) <i>Kari H.</i> 4:30PM-5:30PM (Group Strength) <i>Christina P.</i>
Yoga Level 1 Mind & Body			6:30PM-7:25PM (Yoga) <i>Chris E.</i>	12:05PM-1:00PM (Yoga) <i>Debi R.</i>			
Cycle Cycle Studio				5:30AM-6:25AM (Cycle) <i>Jessica E.</i>	5:30AM-6:25AM (Cycle) <i>Melanie C.</i>	8:45AM-9:40AM (Cycle) <i>Holly N.</i>	
Cardio Dance Studio 1				8:45AM-9:40AM (Dance Cardio) <i>Kati A.</i>			
Les Mills Core Studio 1				4:45PM-5:15PM (Sculpt & Tone) <i>Christina P.</i>	12:15PM-12:45PM (Sculpt & Tone) <i>Janelle M.</i>	9:00AM-9:30AM (Sculpt & Tone) <i>Christina P.</i>	
Zumba Tone Mind & Body				5:30PM-6:15PM (Sculpt & Tone) <i>Sabina O.</i>			
Ultimate Circuit Mind & Body					5:30AM-6:25AM (Circuit Training) <i>Deb S.</i>		
BodyCombat Studio 1					8:45AM-9:40AM (Cardio) <i>Kari H.</i>		9:15AM-10:15AM (Cardio) <i>Kari H.</i>

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Zumba Gold Mind & Body					9:00AM-9:45AM (Zumba) <i>Allyson H.</i>		
Gentle Yoga Mind & Body					10:15AM-11:10AM (Yoga) <i>Debi R.</i>		
Vinyasa Flow Mind & Body					11:30AM-12:25PM (Yoga) <i>Alexa S.</i>		
BodyAttack Studio 1						8:00AM-9:00AM (Cardio) <i>Sarah P.</i>	
Yoga Level 2 Mind & Body						9:00AM-9:55AM (Yoga) <i>Deb S.</i>	
YogaSculpt Mind & Body						10:15AM-11:10AM (Yoga) <i>Alexa S.</i>	