<table>
<thead>
<tr>
<th>Land Classes</th>
<th>Instructor</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
</tr>
</thead>
<tbody>
<tr>
<td>Spin-M/Muscle Pump-W/Yoga-TH</td>
<td>Nicky</td>
<td>5:35-6:35am</td>
<td>5:35-6:35am</td>
<td>5:35-6:35am</td>
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</tr>
<tr>
<td>Spin Mornings</td>
<td>Nicky</td>
<td>6:45-7:30am</td>
<td>6:45-7:30am</td>
<td>6:45-7:30am</td>
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<td></td>
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</tr>
<tr>
<td>Muscle Pump</td>
<td>Nicky</td>
<td></td>
<td>7:30-8:30am</td>
<td>7:30-8:15am</td>
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<tr>
<td>Beginner Yoga</td>
<td>Nicky</td>
<td>7:30-8:30am</td>
<td>7:30-8:30am</td>
<td>7:30-8:30am</td>
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</tr>
<tr>
<td>Strength/Core/Yoga Stretch</td>
<td>Nicky</td>
<td></td>
<td>9:00-10:00am</td>
<td>9:00-10:00am</td>
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<tr>
<td>Silver Sneakers Classic</td>
<td>Sue</td>
<td></td>
<td>10:45-11:30am</td>
<td>10:45-11:30am</td>
<td></td>
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<tr>
<td>Spin Noon</td>
<td>Josie</td>
<td>12:00-1:00pm</td>
<td>12:00-1:00pm</td>
<td></td>
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<tr>
<td>Body Sculpt</td>
<td>Brenda</td>
<td>5:15-6:15pm</td>
<td>5:15-6:15pm</td>
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</tr>
<tr>
<td>Zumba</td>
<td>Rachel/Liz</td>
<td>5:15-6:15pm</td>
<td>5:15-6:15pm</td>
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<tr>
<td>Tai Chi</td>
<td>Gregg &amp; Phill</td>
<td></td>
<td>6:30-7:30pm</td>
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<td>9:00-10:15am</td>
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<tr>
<td>American Red Cross Courses</td>
<td>Varies</td>
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<td></td>
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<td>10:30am - ?</td>
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**ROOM RENTALS**

<table>
<thead>
<tr>
<th>Hot Shots</th>
<th>Heartland Dance</th>
<th>Fencing</th>
</tr>
</thead>
<tbody>
<tr>
<td>4:00-5:00pm</td>
<td>6:30-7:30pm</td>
<td>6:30-8:30pm</td>
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<tr>
<td>6:30-8:15pm</td>
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</tbody>
</table>

Intermitent Rentals maybe scheduled and not listed. Please do not interupt room when in use.

Water/Land Exercise participants must be 15 years of age.  ***CLASSES SUBJECT TO CHANGE WITHOUT NOTICE***

9/1/2017