






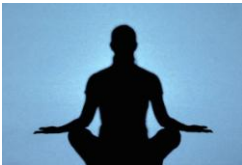





MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p><u>Spinning</u> 6:00-7:00 a.m. Al</p> <p><u>Yoga</u> 8:15-9:15 a.m. Pat</p> <p><u>Spinning</u> 8:30-9:30 a.m. Ginna</p> <p>*TaeBo® 4:15-5:15 p.m.. Renee P.</p>  <p>5:30-6:30 p.m. Paige</p> <p><u>Spinning</u> 6:45-7:45 p.m. Paige</p> <p><u>Basic Yoga</u> 6:45-7:45 p.m. Lisa</p>	<p><u>Boot Camp</u> 6:00-7:00 a.m. Al</p> <p><u>Yoga Fusion</u> 8:15-9:15 a.m. Renee L.</p> <p><u>Spinning</u> 9:15-10:15 a.m. Paige</p> <p>*TaeBo® 9:30-10:30 a.m. Shellie</p> <p><u>Spinning</u> 5:30-6:30 p.m. Jennifer</p>  <p>5:30-6:30 p.m. Maggie</p> <p>♦Small Group Training 6:30-7:15 p.m. Sharon</p> <p>*TaeBo® 6:35-7:35 p.m. Sandy</p>	<p><u>Spinning</u> 6:00-7:00 a.m. Al</p> <p><u>Yoga</u> 8:15-9:15 a.m. Pat</p> <p>♦Small Group Training 8:30-9:15 a.m. Ginna</p>  <p>9:15-10:15 a.m. Renee L.</p> <p><u>Spin</u> 9:30-10:30 a.m. Ginna</p>  <p>5:30-6:30 p.m. Paige</p> <p><u>Spinning</u> 6:45-7:45 p.m. Erin</p>	<p><u>Yoga Fusion</u> 8:15-9:15 a.m. Pat</p> <p>*TaeBo® 9:30-10:30 a.m. Shellie</p>  <p>HIIT 5:30-6:30 p.m. Rebecca M.</p>  <p>6:30-7:30 p.m. Amber W.</p> <p><u>Spinning</u> 6:45-7:45 p.m. Rebecca M.</p>	<p><u>Spinning for Weight Loss</u> 6:00-7:00 a.m. Pat</p> <p>♦Small Group Training 7:30-8:15 a.m. Paige</p> <p><u>Yoga</u> 8:15-9:15 a.m. Rhonda</p> <p><u>Spinning</u> 8:30-9:25 a.m. Paige</p>  <p>9:30-10:30 a.m. Paige</p> <p>*TaeBo® 10:30-11:30 a.m. Amber C.</p>  <p><u>Yoga Fusion</u> 5:25-6:25 p.m. Lisa</p>	<p><u>Spinning</u> 7:45-8:45 a.m. Janehilda</p> <p>*TaeBo® 8:00-9:00 a.m. Shellie</p> <p><u>Spinning</u> 9:00-10:00 a.m. Al</p>  <p>9:15-10:15 a.m. Janehilda</p>  <p>10:30-11:30 a.m. Maggie</p>  <p>☀Specialty Yoga 1:00-2:30 p.m. Once monthly, see or call club for details on this unique class Times and days may vary according to instructor</p>	<p><u>Pilates</u> 3:00-4:00 p.m. Katie</p> <p><u>Spinning</u> 4:00-5:00 p.m. Katie</p>

All spin classes are conducted on a 1st come, 1st served basis. Members participating in a spin class must be seated & ready for class to begin. FAC doesn't allow spin bikes to be reserved by members or staff. Please be courteous to other members by NOT leaving towels or personal items to reserve a bike. Any bike without a seated participant once class begins will be considered "available" to any waiting members.