

SUAMICO (effective Sept. 1st)

MAIN STUDIO							
	MON	TUE	WED	THU	FRI	SAT	SUN
5:00 AM		*KETTLEBELL/ <i>Shelly</i>		**TotalBodyFit <i>Rebekah</i>		8:15 AM BODYPUMP <i>Katie S</i>	
9:15 AM	*KETTLEBELL <i>Shelly</i>		BODYPUMP <i>Corianne</i>		BARRE <i>Trista</i>	9:30 AM FUNK <i>Trista/Mel</i>	
9:30 AM		*YOGA <i>Traci</i>		POP Pilates <i>Shelly</i>			
5:15 PM	**TOTAL BODY KICK <i>Becky</i>		**BARRE <i>Trista</i>				
5:30 PM		BODYPUMP <i>Shera</i>		BODYPUMP <i>Katie S</i>			
6:15 PM	FUNK <i>Mel</i>		ZUMBA <i>Trista</i>			*30 min class **45 min class (all others 55/60 minutes) Please BRING A MAT TO EVERY CLASS Yellow highlight indicates a recent change	
6:45 PM		*YOGA <i>Shera</i>					
CYCLE STUDIO							
	MON	TUE	WED	THU	FRI	SAT	SUN
5:30 AM		*/RIDE <i>Shelly</i>				9:30 AM RIDE <i>Julie S</i>	
8:30 AM				RIDE <i>Shelly</i>			
6:00 PM	RIDE <i>Shelly</i>			RPM <i>Julie S</i>		*schedules subject to change	

THE Q (*see any personal trainer for details!)							
	MON	TUE	WED	THU	FRI	SAT	SUN
5:15 AM	Q session	Q session	Q session		Q session	7:00 AM Q session	
6:15 AM		Q session		Q session	Q session	8:15 AM Q session	
9:15 AM	Q session	Q session	Q session	Q session	Q session	9:15 AM Q session	
4:15 PM		Q session		Q session		10:45 AM Q session	
5:00 PM	Q session	Q session	Q session	Q session			
6:15 PM	Q session	Q session	Q session	Q session			*Q Sessions are fee based