


BLAINE FALL SCHEDULE Effective Dec. 1st, 2018

	M	T	W	TH	F		SAT	SUN
5:15 AM	TOTAL BODY FITNESS <i>Amy</i>		TOTAL BODY FITNESS <i>Stacy</i>					
8:15 AM		ZumbaGold <i>Anu</i>	BODYPUMP <i>Janet</i>	Zumba Gold <i>Anu</i>		8:00AM	BOXX <i>Sanja</i>	BODYPUMP™ (8:15) <i>Sanja</i>
9:30 AM	TOTAL BODY FITNESS <i>MaryD</i>	BOXX <i>Kristin</i>	ZUMBA <i>Logan</i>	PIYO <i>Janet/MaryD</i>	BOXX <i>Beth</i>	9:00AM	STEP <i>Janet</i>	
10:30 AM	SILVERSNEAKER YOGA <i>Sylvia</i>	SILVERSNEAKERS <i>Renee</i>	TOTAL BODY FITNESS <i>Tahana</i>	SILVERSNEAKER YOGA(10:40) <i>Sylvia</i>	SILVERSNEAKERS CARDIOFIT <i>BETH</i>	10:15AM	BODYPUMP™ <i>Ann</i>	
4:30 PM	KETTLEBELL <i>Tahana</i>	CORE N MORE <i>Theresa</i>		BODYPUMP™ Express <i>Penny</i>		11:30AM	ZUMBA <i>Ann</i>	ZUMBA(11:00) <i>Darcy</i>
5:30 PM	BOXX <i>Ann</i>	TOTAL BODY FITNESS <i>Theresa</i>	RIPPED <i>Penny</i>	ZUMBA <i>Steph</i>	BODYPUMP™ Express <i>Sanja</i>			
6:45 PM	BODYPUMP (6:30) <i>Ann</i>	ZUMBA <i>Ann</i>	BODYPUMP™ <i>Penny</i>	TOTAL BODY FITNESS <i>Ann</i>	ZUMBA (6:30) <i>Sandra</i>		Orange signifies ValuePlus/Platinum Membership classes	

BLAINE CYCLE STUDIO

	M	T	W	TH	F		SAT	SUN
5:15 AM		RIDE <i>Stacy</i>			RIDE <i>Gina</i>			
9:30 AM			RIDE <i>Tahana</i>			9:00AM	RIDE <i>Sanja</i>	RIDE <i>Sanja (9:30)</i>
PM	RIDE (5:30) <i>Tahana</i>		RIDE (6:30) <i>Sanja</i>	RIDE (6:30) <i>Sanja</i>				

BLAINE MIND/BODY STUDIO

	M	T	W	TH	F		SAT	SUN
9:15 AM	YOGA (9:30) <i>Nita</i>	BARRE-XF <i>Sylvia</i>	YogaSculpt (9:30) <i>MaryD</i>	BARRE-XF <i>Sylvia</i>	YOGA(9:30) <i>MaryD/Nita</i>	9:15AM	YOGA <i>Ann</i>	YOGA (9:30) <i>Ann</i>
10:30 AM				YOGA <i>Nita</i>			Please bring	your own yoga mat
4:45 PM	YOGA <i>Penny</i>							
5:30 PM	YOGASculpt (5:45) <i>Maggie</i>	YOGA <i>Renee</i>						
6:30 PM			YOGA <i>Maddie</i>	ROLLGA (7:15) <i>Sanja</i>				

BLAINE AQUA STUDIO

	M	T	W	TH	F		SAT	SUN
5:30 AM	AQUAFIT <i>Lindy</i>		AQUAFIT <i>Lindy</i>		AQUAFIT <i>Lindy</i>			POOL RESERVED DURING CLASSES
9:30 AM		AQUA ZUMBA <i>Anu</i>		AQUA ZUMBA <i>Anu</i>		9:00 AM	AQUAZUMBA <i>Cindy</i>	
6:30PM	AQUA ZUMBA <i>Cindy</i>			AQUAZUMBA <i>Cindy</i>				

