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5:30 AM	5:30 - 6:30 am  Michelle	5:30 - 6:30 am SPIN & Sculpt  Michelle/Kristin	5:30 - 6:30 am ??? SWITCH!  Michelle	5:30 - 6:30 am ??? SWITCH!  Denise	5:30 - 6:30 am  Denise		
7:00 AM			Spin 1st & 3rd Wednesday	SWITCH 1st & 3rd Thursday		7:00 - 7:55am SPIN & Sculpt  Michelle	
8:00 AM	8:00 - 8:55 everyBODY MOVE!  Gina	8:00 - 8:55 Forever Fit  Gina	8:00 - 8:55am everyBODY MOVE!  Gina	8:00 - 8:55 Forever Fit  Gina	8:00 - 8:55  Karen	Healthy Living Series (See Below)	9:00 - 10:00 World Class  Denise
9:00 AM	9:00-9:55 SPIN & Sculpt  Katie	9:00-10:10  Kickboxing Core Christina	9:00-9:55 World Class  Denise	9:00-10:10 Step it up!  Michelle / Christina	9:00-9:55  Hard Core Boot Camp Danny	9:00-9:55  Hard Core Boot Camp Danny	
10:00 AM	10:00-10:55 Muscle  Keri	10:15-11:00 ZUMBA FITNESS  Brandy	10:00-10:55 ZUMBA FITNESS  Brandy	10:30-11:25 YogaFit  Nancy	10:00-11:15 YOGA  Robin	10:00-10:55 ZUMBA FITNESS  Brandy/ Hemlata	
11:00 AM	11:00 - 12:00  SilverSneakers® Fitness Program Gina		11:00 - 12:00  SilverSneakers® Fitness Program Gina		<div style="border: 2px solid #00aaff; padding: 10px;"> <h3>What's New for Winter!</h3> <p> Forever Fit Forever Fit will now start at 8am along with everybody move and country line dancing.</p> <p> ZUMBA FITNESS Tuesdays @ 10:15 New Zumba Class with Brandy!</p> <p> SWITCH!  Wednesday 5:30am Michelle will teach SPIN on the 1st and 3rd Wednesday of the month and SWITCH on the other</p> <p> SWITCH!  SPIN & Sculpt</p> <p>Thursday 5:30am Denise will teach SWITCH on the 1st and 3rd Thursday of the month and Spin and Sculpt on the other Thursdays.</p> <p> HEALTHY LIVING SERIES</p> <p>Check the Group Fitness Bulletin Board for a schedule of Healthy Living Clinics taught by members of our personal training staff. (This is not a weekly class)</p> </div>		
12:00 PM							
3:00 PM							
4:00 PM	4:00 - 5:00pm Kids Karate \$  Justin		4:00 - 5:00pm Kids Karate \$  Justin				
5:30 PM	5:30 - 6:25pm Mat Pilates  Denise	5:30 - 6:25pm ??? SWITCH!  Michelle/Denise	5:30 - 6:25pm RIPPED  Katie	5:30 - 6:25pm SPIN & Sculpt  Michelle	5:30 - 6:25 Mat Pilates  Denise		
6:30 PM	6:30 - 7:30pm SPIN & Sculpt  Katie	6:30 - 7:30pm ZUMBA FITNESS  Erika	6:30 - 7:25pm World Class  Denise	6:30 - 7:30pm Flow Yoga  Christina			
7:30 PM			7:30 - 8:30pm Kuk Sool Won \$  Justin				

Child Care Hours:

Monday - Thursday 8:30am - Noon 5:00pm - 8:00pm	Friday & Saturday 8:30am - Noon
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Class Fees:

SNAP Members & Seniors \$5 per class	Snap Plus Membership \$10 month Unlimited classes	Non-Members \$10 per class	§ Fee Based Training
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Class Descriptions:

Level

A Balanced Body	4	Challenge your body with this ever changing assortment of core and balance intense exercises...a nice long stretch, 3 big breaths... and you are on your way to a great day!
Country Dancing	2	Exercise your body and mind by dancing to lively, upbeat music. Country line dancing is a fun way to dance socially without a dance partner and get fit.
everyBODY MOVE	2	Just getting back to the gym? Recovering from an injury? Looking for a lighter intensity workout? This is a complete low impact cardiovascular workout with aerobic dance, strengthening, and toning. A great way to get fit without pain to joints, knees, or back. All levels welcome.
Forever Fit	2	This fun body friendly class combines 30 minutes of light cardio with 30 minutes of core, balance, and flexibility.
Flow Yoga	3-4	An athletic flowing Vinyasa-style yoga class that will keep your body moving from pose to pose.
HardCORE Boot Camp	5	They say, "Variety is the spice of life." Use a multitude of different indoor and outdoor exercises to whip yourself into shape. Instructor works with each individual at their own level.
Kickboxing Core	4-5	This high-energy, cardio intense workout, is a great way to knock out stress! A challenging high-intensity workout session that is great for toning arms, legs and abs.
Mat Pilates	3	A system of strengthening and stretching exercises designed to develop the body's core, mobilize the spine and build flexibility. With regular practice Pilates can increase flexibility, posture, range of motion, circulation, and abdominal strength.
Muscle Works	4	Looking to sculpt and tone your whole body? Learn how to engage and challenge your muscles to get the results you want. This class features an ever changing variety of exercises and equipment to spice up your workout.
R.I.P.P.E.D.	4-5	This total body, high intensity style program, utilizes free weights, resistance, intervals, plyometrics & body weight. Be prepared for an awesome workout!
SilverSneakers® MSRM	1	Have fun and move to music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, and a ball are offered for resistance, and a chair is used for seated and/or standing support.
SPIN	4	Sometimes you just need a really good ride! This guided cycle class will challenge both your aerobic and your anaerobic capacity. Please arrive early to learn how to use the bike.
Spin & Sculpt	4-5	Get your heart racing and your muscles moving as you interval between your spin bike and strength training. Exact format will vary with instructor. Please arrive early to learn how to use the bikes.
Step it Up	4	Step up your cardio capacity and get your heart and legs moving with this high intensity step workout.
Switch!	4	If your looking to transform your body...then mix it up! The goal of this class is to give you a different and challenging full body workout every week.
Yoga	3-4	This class is composed of a very precise series of postures that cleanse detoxify and strengthen the body while calming the mind. Please bring Yoga mat to class.
YogaFit®	2-3	YogaFit is designed to improve the health, performance, and mental acuity of athletes or individuals interested in improving their level of fitness. Based on the ancient fitness science of hatha yoga, it blends balance, strength, flexibility and power in a fitness format. YogaFit overcomes the mystery of yoga by delivering a practical, user-friendly style, which is accessible, understandable, and doable by individuals at any level of fitness.
World Class	3	Join us for this invigorating and inspiring workout. A fusion of movements, fitness practices, and music from around the world (Yoga, Pilates, Tai Chi, Tibetan Rites, etc.) This class begins with an inspiring reading and ends with a beathing relaxation. Please bring a mat to class.
Zumba®	3	The Zumba® program fuses hypnotic World rhythms and easy-to-follow moves to create a one-of-a-kind fitness program that will blow you away.

Levels: Beginner 1 - 2 - 3 - 4 - 5 Challenging