



Houser Branch | July 14th - July 20th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Cycle (Reservations required in PIQ) Fitness Studio C	5:15AM-6:00AM (Group Cycling) <i>Patty H.</i> 8:15AM-9:00AM (Group Cycling) <i>Joanna D.</i> 5:15PM-6:00PM (Group Cycling) <i>Abby W.</i>		8:15AM-9:00AM (Group Cycling) <i>Joanna D.</i>		5:15AM-6:00AM (Group Cycling) <i>Patty H.</i> 8:15AM-9:00AM (Group Cycling) <i>Cheryl N.</i>		
Group Strength Fitness Studio B	5:15AM-6:00AM (Strength Training) <i>Erica G.</i> 8:15AM-9:00AM (Strength Training) <i>Amanda T.</i> 9:15AM-10:00AM (Strength Training) <i>Joanna D.</i> 5:15PM-6:00PM (Strength Training) <i>Hilary D.</i>		8:15AM-9:00AM (Strength Training) <i>Cheryl N.</i> 9:15AM-10:00AM (Strength Training) <i>Joanna D.</i> 5:15PM-6:00PM (Strength Training) <i>Sharon S.</i>		8:15AM-9:00AM (Strength Training) <i>Delaney K.</i> 9:15AM-10:00AM (Strength Training) <i>Cheryl N.</i>		
Chair Yoga MPR B	9:15AM-10:00AM (Yoga) <i>Kathie H.</i> 11:15AM-12:00PM (Yoga) <i>Joanna D.</i>		9:15AM-10:00AM (Yoga) <i>Lois F.</i> 11:15AM-12:00PM (Yoga) <i>Lacy R.</i>		9:15AM-10:00AM (Yoga) <i>Cathy N.</i>		
Shallow Water Exercise Lap Pool	9:15AM-10:00AM (Water Exercise) <i>Amanda T.</i> 12:15PM-1:00PM (Water Exercise) <i>Abby E.</i>	9:15AM-10:00AM (Water Exercise) <i>Wanda O.</i>	9:15AM-10:00AM (Water Exercise) <i>Brianna G.</i> 12:15PM-1:00PM (Water Exercise) <i>Lindsay B.</i>	9:15AM-10:00AM (Water Exercise) <i>Cathy N.</i>	9:15AM-10:00AM (Water Exercise) <i>Amanda T.</i>		
Yoga Flow Fitness Studio B	10:15AM-11:00AM (Yoga) <i>Joanna D.</i>		10:15AM-11:00AM (Yoga) <i>Joanna D.</i>		10:15AM-11:00AM (Yoga) <i>Lacy R.</i>	9:15AM-10:00AM (Yoga) <i>Cheryl N.</i>	

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Gentle Water Movement Warm Pool	10:15AM-11:00AM (Water Exercise) <i>Abby E.</i>		10:15AM-11:00AM (Water Exercise) <i>Brianna G.</i>		10:15AM-11:00AM (Water Exercise) <i>Cathy N.</i>		
Pilates Fitness Studio B	6:15PM-7:00PM (Strength Training) <i>Samantha B.</i>	9:15AM-10:00AM (Strength Training) <i>Sharon S.</i>		5:15PM-5:45PM (Strength Training) <i>Sharon S.</i>			
Total Body Fitness Studio B		5:15AM-6:00AM (Cardio + Strength Combo) <i>Erin N.</i>		5:15AM-6:00AM (Cardio + Strength Combo) <i>Erin N.</i>			
Interval Zone Fitness Studio C		6:15AM-7:00AM (Cardio + Strength Combo) <i>Amanda T.</i> 8:15AM-9:00AM (Cardio + Strength Combo) <i>Cheryl N.</i> 9:15AM-10:00AM (Cardio + Strength Combo) <i>Amanda T.</i> 5:15PM-6:00PM (Cardio + Strength Combo) <i>Cathy N.</i>		6:15AM-7:00AM (Cardio + Strength Combo) <i>Anna W.</i> 8:15AM-9:00AM (Cardio + Strength Combo) <i>Delaney K.</i> 9:15AM-10:00AM (Cardio + Strength Combo) <i>Delaney K.</i> 5:15PM-6:00PM (Cardio + Strength Combo) <i>Hilary D.</i>		8:15AM-9:00AM (Cardio + Strength Combo) <i>Cheryl N.</i>	
Cardio Strength Essentials Fitness Studio B		8:15AM-9:00AM (Cardio + Strength Combo) <i>Cathy N.</i>		8:15AM-9:00AM (Cardio + Strength Combo) <i>Cheryl N.</i>			
Chair Circuit MPR B		9:15AM-10:00AM (Cardio + Strength Combo) <i>Brianna G.</i>		9:15AM-10:00AM (Cardio + Strength Combo) <i>Kathie H.</i>			
Zumba Gold® Fitness Studio B		10:15AM-11:00AM (Cardio) <i>Cathy N.</i>		10:15AM-11:00AM (Cardio) <i>Beth A.</i>			
Functional Fitness (Pop-up Class) Fitness Studio C		11:15AM-12:00PM (Pop Up Classes + Events) <i>Cathy N.</i>					
Cardio Step (Pop Up Class) Fitness Studio B		4:15PM-5:00PM (Pop Up Classes + Events) <i>Sharon S.</i>					
Barre Blend Fitness Studio B		5:15PM-6:00PM (Strength Training) <i>Sharon S.</i>		9:15AM-10:00AM (Strength Training) <i>Amanda T.</i>			
Yoga Stretch Fitness Studio B		6:15PM-7:00PM (Yoga) <i>Samantha B.</i>					
Core Strength Fitness Studio B			5:15AM-6:00AM (Strength Training) <i>Patty H.</i>				

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rhythm Ride (Reservations required in PIQ) Fitness Studio C			5:15PM-6:00PM (Group Cycling) <i>Erica G.</i>				
Zumba® Fitness Studio B				6:15PM-7:00PM (Cardio) <i>Cathy N.</i>			10:15AM-11:00AM (Cardio) <i>Jenny D.</i>



Dahl Branch | July 14th - July 20th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Interval Zone Fitness Studio B	5:15AM-6:00AM (Cardio + Strength Combo) <i>Mary K.</i> 6:15AM-7:00AM (Cardio + Strength Combo) <i>Mary K.</i> 8:15AM-9:00AM (Cardio + Strength Combo) <i>Mark M.</i> 9:15AM-10:00AM (Cardio + Strength Combo) <i>Mark M.</i> 5:15PM-6:00PM (Cardio + Strength Combo) <i>Mackenzie P.</i>		5:15AM-6:00AM (Cardio + Strength Combo) <i>Lindsay B.</i> 6:15AM-7:00AM (Cardio + Strength Combo) <i>Lindsay B.</i> 8:15AM-9:00AM (Cardio + Strength Combo) <i>Mark M.</i> 5:15PM-6:00PM (Cardio + Strength Combo) <i>Lindsay B.</i>		5:15AM-6:00AM (Cardio + Strength Combo) <i>Bri M.</i> 8:15AM-9:00AM (Cardio + Strength Combo) <i>Mark M.</i> 9:15AM-10:00AM (Cardio + Strength Combo) <i>Mark M.</i>		
Pilates Fitness Studio A	6:15AM-7:00AM (Strength Training) <i>Danniel N.</i>		9:15AM-10:00AM (Strength Training) <i>Danniel N.</i>		6:15AM-7:00AM (Strength Training) <i>Danniel N.</i>		
Cardio Strength Essentials (Pop-up Class) Fitness Studio A	7:15AM-8:00AM (Pop Up Classes + Events) <i>Danniel N.</i>						
Chair Circuit Fitness Studio A	8:15AM-9:00AM (Cardio + Strength Combo) <i>Chelsea B.</i> 11:15AM-12:00PM (Cardio + Strength Combo) <i>Hannah A.</i>		7:15AM-8:00AM (Cardio + Strength Combo) <i>Abby E.</i> 8:15AM-9:00AM (Cardio + Strength Combo) <i>Nicole L.</i> 11:15AM-12:00PM (Cardio + Strength Combo) <i>Shilo L.</i>		8:15AM-9:00AM (Cardio + Strength Combo) <i>Abby W.</i>		
Shallow Water Exercise Lap Pool	9:15AM-10:00AM (Water Exercise) <i>Chelsea B.</i>	9:15AM-10:00AM (Water Exercise) <i>Abby E.</i> 12:15PM-1:00PM (Water Exercise) <i>Abby E.</i>	9:15AM-10:00AM (Water Exercise) <i>Mark M.</i>	9:15AM-10:00AM (Water Exercise) <i>Mackenzie P.</i> 12:15PM-1:00PM (Water Exercise) <i>Hannah A.</i>	9:15AM-10:00AM (Water Exercise) <i>Abby W.</i>		

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Barre Blend Fitness Studio A	9:15AM-10:00AM (Strength Training) <i>Nicole L.</i>				9:15AM-10:00AM (Strength Training) <i>Shilo L.</i>		
Zumba Gold® Fitness Studio A	10:15AM-11:00AM (Cardio) <i>Cathy N.</i>		10:15AM-11:00AM (Cardio) <i>Beth A.</i>				
Functional Fitness Fitness Studio B	10:15AM-11:00AM (Strength Training) <i>Mark M.</i>		10:15AM-11:00AM (Strength Training) <i>Nicole L.</i>				
Core Strength Fitness Studio A	4:15PM-5:00PM (Strength Training) <i>Mackenzie P.</i>						
Yoga Flow Fitness Studio A	5:15PM-6:00PM (Yoga) <i>Claudia P.</i>	10:15AM-11:00AM (Yoga) <i>Anna S.</i>	6:15AM-7:00AM (Yoga) <i>Anna S.</i>	10:15AM-11:00AM (Yoga) <i>Anna K.</i>			
Zumba® Fitness Studio A	6:15PM-7:00PM (Cardio) <i>Abby R.</i>		5:15PM-6:00PM (Cardio) <i>Jenny D.</i>			10:15AM-11:00AM (Cardio) <i>Abby R.</i>	
Cycle (Reservations required in PIQ) Fitness Studio B		5:15AM-6:00AM (Group Cycling) <i>Bri M.</i> 6:15AM-7:00AM (Group Cycling) <i>Joanna D.</i> 8:15AM-9:00AM (Group Cycling) <i>Joanna D.</i>		5:15AM-6:00AM (Group Cycling) <i>Patty H.</i> 6:15AM-7:00AM (Group Cycling) <i>Daniela N.</i> 8:15AM-9:00AM (Group Cycling) <i>Claudia P.</i>		8:15AM-9:00AM (Group Cycling) <i>Abby W.</i>	
TRX Blast Fitness Studio A		5:15AM-6:00AM (Cardio + Strength Combo) <i>Joanna D.</i>		5:15AM-6:00AM (Cardio + Strength Combo) <i>Daniela N.</i>			
Group Strength Fitness Studio A		6:15AM-7:00AM (Strength Training) <i>Delaney K.</i> 9:15AM-10:00AM (Strength Training) <i>Nicole L.</i> 5:15PM-6:00PM (Strength Training) <i>Lindsay B.</i>		6:15AM-7:00AM (Strength Training) <i>Patty H.</i> 9:15AM-10:00AM (Strength Training) <i>Anna K.</i> 5:15PM-6:00PM (Strength Training) <i>Nicole E.</i>		9:15AM-10:00AM (Strength Training) <i>Patty H.</i>	
TRX Blast (Pop-up Class) Fitness Studio A		7:15AM-8:00AM (Pop Up Classes + Events) <i>Nicole E.</i>		7:15AM-8:00AM (Pop Up Classes + Events) <i>Daniela N.</i>			

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Chair Yoga Fitness Studio A		8:15AM-9:00AM (Yoga) <i>Hannah A.</i> 11:15AM-12:00PM (Yoga) <i>Judy S.</i>		8:15AM-9:00AM (Yoga) <i>Judy S.</i>			
Rhythm Ride (Reservations required in PIQ) Fitness Studio B		5:15PM-6:00PM (Group Cycling) <i>Claudia P.</i> 6:15PM-7:00PM (Group Cycling) <i>Claudia P.</i>		5:15PM-6:00PM (Group Cycling) <i>Kacie E.</i>			
Yoga Stretch Fitness Studio A		6:15PM-7:00PM (Yoga) <i>Nicole E.</i>					9:15AM-10:00AM (Yoga) <i>Anna S.</i>
Flex Fitness Studio B			9:15AM-10:00AM (Strength Training) <i>Nicole L.</i>				
Barre Blend (Pop Up Class) Fitness Studio A			4:15PM-5:00PM (Pop Up Classes + Events) <i>Lindsay B.</i>				
Dynamic Recovery (Pop Up Class) Fitness Studio B			6:15PM-7:00PM (Pop Up Classes + Events) <i>Lindsay B.</i>				