



























































































































5:30 a.m.	AMBER	
Hustle, Muscle, and Core		
5:30 a.m.	JOY	
Cycle		
7:30 a.m.	STEVE	
Tabata		
8:30 a.m.	GAE	
Strictly Strength		
8:30 a.m.	LYNDSEY	
Cycle		
8:30 a.m.	TIFFANY	
Barre Blend		
9:30 a.m.	LYNDA	
Yoga		
9:30 a.m.	JENNY	
Aqua Tabata		
9:30 a.m.	ALI	
Zumba®		
9:30 a.m.	JULIE	
Cardio Strength Interval		
10:30 a.m.	JENNY	
Aqua Core and More		
10:30 a.m.	INGRID	
SilverSneakers® Classic		
10:30 a.m.	EILEEN	
Strictly Strength		
10:30 a.m.	ELSA	
Yoga		
11:30 a.m.	LAURA	
SilverSneakers® Stability		
11:30 a.m.	JENNY	
Stretch & Flex		
11:30 a.m.	ELSA	
Gentle Aqua		
12:00 p.m.	JULIE	
Strength and Stretch		
1:00 p.m.	INGRID	
Zumba Gold®		
4:30 p.m.	JENNY	
Total Body Conditioning		
6:00 p.m.	EMMA	
High Low Fit		
6:00 p.m.	DAVID	
Cycle		
7:00 p.m.	EILEEN	
Yoga		
7:00 p.m.	JAN	
Zumba®		







5:30 a.m.	COURTNEY	
Cycle		
7:30 a.m.	JOY	
Yoga		
7:30 a.m.	EMMA	
Barre		
8:30 a.m.	SIMONA	
Yoga		
8:30 a.m.	MIMI	
Cardio Strength Interval		
8:30 a.m.	JULIE	
Zumba®		
8:30 a.m.	COURTNEY	
Cycle		
9:30 a.m.	JILLIAN	
Aqua Mix		
9:30 a.m.	ANDREA	
Pure Stretch		
9:30 a.m.	JOSEPHINE	
SilverSneakers® Circuit		
9:30 a.m.	NATALIE	
HIGH Fitness		
10:30 a.m.	JILLIAN	
Aqua Strength		
10:30 a.m.	JOSEPHINE	
SilverSneakers® Circuit		
10:30 a.m.	ANDREA	
Strictly Strength and Balance		
11:30 a.m.	GRETCHEN	
Beginner Yoga		
12:00 p.m.	DEBBIE M	
Sweat & Stretch		
6:00 p.m.	ANDREA	
Cycle		
6:00 p.m.	TAMMY	
Barre Blend		
6:00 p.m.	MARY	
Aqua Strength		
7:00 p.m.	GEORGIA	
Extended Yoga		
7:00 p.m.	MARY	
Zumba®		

5:30 a.m.	DEBBIE M	
Strictly Strength		
5:30am	JOY	
Cycle		
6:30 a.m.	DEBBIE M	
Cardio Endurance		
7:30 a.m.	LINDSEY	
Cardio Strength Interval		
8:30 a.m.	SIMONA	
Yoga		
8:30 a.m.	DEBBIE M	
Step		
8:30 a.m.	COURTNEY	
Cycle		
8:30 a.m.	TIFFANY	
BARRE Blend		
9:30 a.m.	COURTNEY	
Express Cycle		
9:30 a.m.	DEBBIE H	
Strictly Strength		
9:30 a.m.	MIMI	
Power Pilates		
9:30 a.m.	JENNY	
Aqua Boot Camp		
9:30 a.m.	DEBBIE	
HIIT Strength		
10:30 a.m.	JENNY	
Aqua Strength		
10:30a	GRETCHEN	
Extended Gentle Yoga		
10:30 a.m.	DEBBIE H	
SilverSneakers® Classic		
10:30 a.m.	EILEEN	
Strictly Strength		
11:30 a.m.	JAN	
SilverSneakers® Circuit		
11:30 a.m.	JULIE	
Aqua Strength		
5:00 p.m.	TAMMY	
Strictly Strength		
5:00 p.m.	ANDREA	
Cycle		
6:00 p.m.	ANDREA	
Pure Stretch/Ab Lab		
6:00 p.m.	TAMMY	
Cardio Strength Interval		
7:00 p.m.	JULIE	
Zumba®		
7:00 p.m.	ELSA	
Extended Yoga		

5:30 a.m.	COURTNEY	
Cycle		
6:30 a.m.	DEBBIE M	
Strictly Strength		
7:30 a.m.	SYDNEY	
Barre		
8:30 a.m.	SYDNEY	
Cardio Endurance		
8:30 a.m.	ALI	
Zumba® Toning/Circl Mobility		
8:30 a.m.	ANDREA	
Cycle		
8:30 a.m.	GAE	
Mat Pilates		
9:30 a.m.	ELSA	
Aqua Tabata		
9:30 a.m.	ALLISON	
HIGH Fitness		
9:30 a.m.	KAT	
Yoga		
9:30 a.m.	ANDREA	
Express Ab Lab		
10:30 a.m.	ELSA	
Gentle Aqua		
10:30 a.m.	KAT	
Gentle Yoga		
10:30 a.m.	GEORGIA	
Power Yoga		
10:30 a.m.	DEBBIE	
HIIT Strength		
11:30 a.m.	LAURA	
SilverSneakers® Stability		
12:00 p.m.	DEBBIE M	
Sweat & Stretch		
12:30 p.m.	LAURA	
SilverSneakers® Yoga		
1:00 p.m.	INGRID	
Zumba Gold®		
5:00 p.m.	KYLEY	
HiYo Fit		
6:00 p.m.	TAMMY	
Barre Blend		
6:00 p.m.	KRISTEN	
Strictly Strength		
7:00 p.m.	KYLEY	
High Fit Yo Fit		
7:00 p.m.	ANDREA	
Extended Yoga		

5:30 a.m.	AMBER	
Cardio Strength Interval		
7:30 a.m.	DEBBIE M	
Strictly Strength		
7:30 a.m.	STEVE	
Tabata		
8:30 a.m.	KAT	
Aqua Mix		
8:30 a.m.	DEBBIE H	
Power Pilates		
8:30 a.m.	DEBBIE M	
Cardio Strength Interval		
8:30 a.m.	LYNDSEY	
Cycle		
8:30 a.m.	GEORGIA	
Yoga		
9:30 a.m.	KAT	
Aqua Tabata		
9:30 a.m.	GRETCHEN	
Gentle Yoga		
9:30 a.m.	JULIE	
Hustle, Muscle, and Core		
9:30 a.m.	JOSEPHINE	
Cardio Dance		
10:30 a.m.	KIMI	
HIGH Fitness		
10:30 a.m.	ALI	
Aqua Zumba®		
10:30 a.m.	JULIE	
Pure Stretch		
10:30 a.m.	JOSEPHINE	
SilverSneakers® Circuit		
11:30 a.m.	INGRID	
SilverSneakers® Classic		
12:30 p.m.	ALI	
Zumba® Gold		

7:30 a.m.	EMMA	
Barre		
8:30 a.m.	ANDREA	
Cycle		
8:30 a.m.	DEBBIE H	
Step		
8:30 a.m.	KRISTEN	
Turbo Kick		
9:30 a.m.	DEBBIE H	
Strictly Strength		
9:30 a.m.	DEBBIE M	
Sweat and Stretch		
9:30 a.m.	KIM	
Yoga		
10:30 a.m.	JULIE	
Zumba®		
10:30 a.m.	KIM	
Power Yoga		
10:30 a.m.	DEBBIE M	
Strictly Strength		

8:30 a.m.	LYNDSEY	
Cycle		
8:30 a.m.	KAT/KIM	
Gentle Yoga		
9:00 a.m.	BRITTANY	
Aqua Zumba®		
9:30 a.m.	KAT/KIM	
Extended Yoga		
10:30 a.m.	BRITTANY	
Barre		
11:30 a.m.	LYNDSEY	
Cardio Strength Interval		

NOTE: Schedule is subject to change. Visit SAAS for most up-to-date info.



REQUIRED: Online reservations required through SAAS. Reservations begin 48 hours in advance. Scan the QR code above to view schedule & reserve your spot.

- CLASS TIMES:**
- Classes are 50 minutes unless otherwise noted.
 - Express classes are 30 minutes.
 - Extended classes are 65-85 minutes.