








GROUP FITNESS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:45 - 6:45 a.m. 		6:00 - 7:00 a.m. 				
7:05 - 8:05 a.m. Integrated Strength <i>Alyssa</i>		7:05 - 8:05 a.m. Integrated Strength <i>Alyssa</i>				
8:00 - 8:55 a.m. Foundation Training <i>Vicki</i>				8:00 - 8:50 a.m. Foundation Fusion <i>Vicki</i>	8:30 - 9:30 a.m. Cardio Core <i>Jillian</i>	8:30 - 9:30 a.m. Tabata <i>Taryn</i>
	8:40 - 9:55 a.m. World Heat <i>Sara Jane</i>		8:40 - 9:55 a.m. World Heat <i>Sara Jane</i>			
10:20 - 11:20 a.m. Planet Motion <i>Kendra</i>	10:30 - 11:30 a.m. Body Language MOVE <i>Jordan</i>	10:20 - 11:20 a.m. Planet Motion <i>Kendra</i>	10:30 - 11:30 a.m. Body Language MOVE <i>Megan</i>	10:20 - 11:20 a.m. Planet Motion <i>Christina</i>	10:00 - 11:00 a.m. 	10:00 - 11:00 a.m. 
11:30 - 12:30 p.m. Cardio Sculpt <i>Jillian</i>	11:30 - 12:00 p.m. Mad Abs <i>Amy U.</i>	11:30 - 12:30 p.m. Cardio Sculpt <i>Sonia</i>	11:30 - 12:00 p.m. Mad Abs <i>Megan</i>	11:30 - 12:30 p.m. Cardio Sculpt <i>Jillian</i>	11:15 - 12:35 p.m. Planet Motion <i>Beth</i>	11:15 - 12:30 p.m. Planet Motion <i>Beth</i>
	12:00 - 1:00 p.m. 		12:00 - 1:00 p.m. 			
4:30 - 5:30 p.m. Strength <i>Kristyn</i>		4:30 - 5:30 p.m. Strength <i>Dawna</i>	5:00 - 5:50 p.m. Foundations Training <i>Bruno</i>			
6:00 - 7:00 p.m. Summer Sport Conditioning <i>Kristyn</i>		5:45 - 6:45 p.m. 				

YOGA

LEVELS: 1 = Beginner, 2 = Intermediate, 3 = Advanced, 1-3 = all levels

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	6:00 - 7:00 a.m. Yoga for Athletes <i>1-3 Natasha</i>			6:00 - 7:00 a.m. All Levels Vinyasa <i>Melissa</i>		
7:00 - 8:00 a.m. Sports Balance Yoga <i>1-3 Jennifer</i>	7:15 - 8:45 a.m. Kundalini Yoga <i>1-3 Karuna</i>	7:15 - 8:15 a.m. Yoga for Athletes <i>1-3 Todd</i>	7:15 - 8:45 a.m. Kundalini Yoga <i>1-3 Karuna</i>	7:15 - 8:15 a.m. Yoga for Athletes <i>1-3 Todd</i>		
9:00 - 10:15 a.m. Kundalini Yoga <i>1-3 Gurmukh</i>	9:00 - 10:15 a.m. Align & Flow <i>1-2 Cindy</i>	9:00 - 10:15 a.m. Yoga Basics <i>1-2 Sandi</i>	9:00 - 10:15 a.m. Align & Flow <i>2-3 Cindy</i>	9:00 - 10:00 a.m. Yoga Basics <i>1-2 Cindy</i>	9:00 - 10:15 a.m. Slow Flow <i>1-3 Eric</i>	9:00 - 10:30 a.m. Flow Yoga <i>1-3 Deborah</i>
10:30 - 11:30 a.m. Yin Yoga <i>1-3 Karen</i>	10:30 - 11:45 a.m. Yin / Restorative <i>Sandi</i>	10:35 - 11:35 a.m. Yin Yoga <i>1-3 Karen</i>	10:35 - 11:05 a.m. Kids Yoga <i>Karen</i>	10:15 - 11:15 a.m. Zumba		10:45 - 11:15 a.m. Kids Yoga <i>Karen</i>
12:00 - 1:00 p.m. Flow Yoga <i>1-2 Monica</i>	12:00 - 1:00 p.m. Flow Yoga <i>1-3 Melissa</i>	12:00 - 1:00 p.m. Flow Yoga <i>1-2 Annaleah</i>	12:00 - 1:00 p.m. One Hour Yoga <i>1-2 Gina</i>	12:00 - 1:15 p.m. Yin Yoga <i>1-3 Karen</i>	12:00 - 1:00 p.m. Yoga Basics <i>1-2 Gina</i>	
		1:30 - 2:30 p.m. Vinyasa Flow <i>1-3 Crista</i>				1:00 - 2:00 p.m. Flow Yoga <i>Crista 1-3</i>
				4:00 - 5:00 p.m. Healing Yoga <i>1-3 Rachel</i>		
5:30 - 6:45 p.m. Mindfulness Yoga <i>-3 Jane</i>		5:30 - 7:00 p.m. Kundalini Yoga <i>1-3 Gurmukh</i>		5:30 - 7:00 p.m. Kundalini Yoga <i>1-3 Karuna</i>		
			6:00 - 7:00 p.m. Yin Yoga <i>1-3 Keri</i>			
7:00 - 8:00 p.m. Flow Yoga <i>1-3 Eric</i>		7:15 - 8:15 p.m. All Levels Flow <i>1-3 Ashley</i>				

PILATES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	7:00 - 8:00 a.m. Semi Private \$ Rachel	8:00 - 9:00 am Reformer \$ Michelle	7:00 - 8:00 a.m. Semi Private \$ Jordan	7:00 - 8:00 am Semi Private \$ Rachel		
				8:00 - 9:00 am Semi Private \$ Rachel		
9:30 - 10:30 a.m. All Levels Mat	9:00 - 10:00 a.m. All Levels Mat Michelle	9:00 - 10:00 a.m. All Levels Mat Michelle		9:30 - 10:30 a.m. All Levels Mat Kate	9:00 - 10:00 a.m. Core Stability Kate	
	10:15 - 11:15 p.m. Reformer \$ Michelle			10:30 - 11:45 p.m. Reformer \$ Kate	10:00 - 11:00 a.m. Reformer \$ Kate	
12:00 - 1:00 p.m. Activate Jordan		12:00 - 1:00 p.m. Semi Private \$ Jordan	12:00 - 1:00 p.m. Semi Private \$ Jordan	12:00 - 1:00 p.m. Activate Jordan		
5:15 - 6:15 p.m. Power Mat Rachel	6:00 - 7:00 p.m. Power Mat Kate	5:30 - 6:30 p.m. HardCore Tamara				

ADVANCED TRAINING ROOM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 - 7:00 a.m. Guys Training \$ Shane		6:00 - 7:00 a.m. Guys Training \$ Shane				
		7:00 - 8:00 a.m. Strength Class \$ Gina		7:00 - 8:00 a.m. Strength Class \$ Gina		
8:30 - 9:30 a.m. Private Group \$ Shane						
9:30 - 10:30 a.m. Private Group \$ Hoobler						
	10:45 - 11:45 a.m. Boulder Running Project \$ Kevin P			10:45 - 11:45 a.m. Boulder Running Project \$ Kevin P		
4:30 - 5:15 p.m. Athlete 1st: Juniors \$ Dillon			4:00 - 6:00 p.m. CJC \$			
5:30 - 6:15 p.m. ECFIT \$ Amy		5:30 - 6:15 p.m. ECFIT \$ Amy		5:30 - 6:30 p.m. Boulder Running Project \$ Kevin P		
	6:00 - 7:00 p.m. Boulder Running Project \$ Kevin P					

THE LAB

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
			7:00 - 8:00 a.m. Olympic Lifting <i>Dylan</i>			
				8:30 - 9:15 a.m. Strength Endurance <i>\$ Kevin P</i>		
	12:15 - 1:15p.m. ECFIT					
	4:00 - 6:00 p.m. Dryland Training <i>Dylan</i>		4:00 - 6:00 p.m. Dryland Training <i>Dylan</i>			
5:30- 6:30 p.m. Olympic Lifting <i>Dylan</i>		5:30- 6:30 p.m. ECFIT Triathlon <i>Amy</i>				

GROUP CYCLING

WEATHER WORKOUT:

When it's too cold to ride outside. Sub lactate threshold w/ some gentle climbing. See our Facebook page or join the mailing list for updates.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	6:00 - 6:45 a.m. Tempo+ <i>Caroline</i>		6:00 - 6:45 a.m. Tempo+ <i>Amy</i>			
	7:00 - 8:00 a.m. LT Intervals <i>Jed</i>		7:00 - 8:00 a.m. Tempo + <i>Caroline</i>		7:15 - 8:15 a.m. Tempo + <i>Jennifer</i>	
12:15 - 1:00 p.m. Tempo +		12:15 - 1:00 p.m. Tempo + <i>Rachel</i>		12:15 - 1:00 p.m. Tempo + <i>Colby</i>		
	5:45 - 6:45 p.m. Weather Workout <i>Colby</i>		5:45 - 6:45 p.m. Weather Workout <i>Jennifer</i>			

FitWall®

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
			6:30 - 7:30 a.m. FITWALL <i>Elyse \$</i>			
		7:00 - 8:00 a.m. 50+ Fat Burner <i>Rhonda \$</i>		7:00 - 8:00 a.m. Golf Private Group <i>Dillon \$</i>		
9:00 - 9:45 a.m. FITWALL <i>Peter \$</i>	9:00 - 9:45 a.m. FITWALL <i>Peter \$</i>	9:00 - 9:45 a.m. FITWALL <i>Peter \$</i>	9:00 - 9:45 a.m. FITWALL <i>Peter \$</i>	9:00 - 9:45 a.m. FITWALL \$ <i>Peter</i>	9:00 - 9:45 a.m. FITWALL <i>Peter \$</i>	9:00 - 10:00 a.m. ASSualt <i>Peter \$ (8 per class)</i>
9:45 - 10:30 a.m. FITWALL <i>Peter \$</i>	9:45 - 10:45 a.m. FITWALL Small Group <i>Peter \$</i>			9:45 - 10:30 a.m. FITWALL <i>Peter \$</i>		
		11:00 - 12:00 p.m. ASSualt <i>Peter \$ (8 per class)</i>		11:00 - 12:00 p.m. HIIT High Intensity Interval Training <i>Rhonda \$</i>	HOW TO TAKE FitWall® CLASS: Please contact instructors directly to reserve a space in class.	
4:00 - 5:00 p.m. Fitwall Small Group <i>Peter \$ (8 per class)</i>	4:30 - 5:15 p.m. FITWALL <i>Peter \$</i>	4:30 - 5:15 p.m. Men's Fitwall Physique Shred <i>Dillon \$</i>	4:00 - 4:45 p.m. FITWALL <i>Peter \$</i>	4:00 - 4:30 p.m. HIIT 30 <i>Peter \$</i>		
5:00 - 5:30 p.m. HIIT 30 <i>Peter \$</i>			4:45 - 5:45 p.m. Fitwall Small Group <i>Peter \$ (8 per class)</i>			

KINESIS™

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:15 - 7:00 a.m. ECFIT \$Amy	6:30 - 7:30 a.m. Golf Private Group \$	6:15 - 7:00 a.m. ECFIT \$Amy				
7:00 - 8:00 a.m. Golf Conditioning \$		7:00 - 8:00 a.m. Golf Conditioning \$		7:00 - 8:00 a.m. Outdoor Sports \$ Jordan		
	9:00 - 10:00 a.m. Women's Workout Group \$ Dawna		9:00 - 10:00 a.m. Women's Workout Group \$ Dawna	9:00 - 10:00 a.m. General Fitness 2 \$ Shane/Jeremy		
10:15 - 11:00 a.m. Gen. Fitness 1 \$ Rhonda	10:00 - 11:00 a.m. Golf Conditioning \$			10:00 - 11:00 a.m. Women's Workout Group \$ Dawna		
		11:00 - 12:00 p.m. General Fitness 2 \$ Rhonda			HOW TO TAKE A KINESIS CLASS: <ul style="list-style-type: none"> • Please contact instructors directly to reserve a space in class. • Payments for Kinesis can be made via House Charge or at the Front Desk. 	
			4:00 - 6:00 p.m. CJC \$			
5:15 - 6:15 p.m. Golf Conditioning \$	5:00 - 6:00 p.m. Women's Workout Group \$ Dawna	5:15 - 6:15 p.m. Golf Conditioning \$				
	6:00 - 7:00 p.m. MTB Strength \$ Dawna		6:00 - 7:00 p.m. MTB Strength \$ Dawna			

OUTDOOR LAP POOL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY				
5:00 - 6:30 a.m. OPEN SWIM	5:00 - 6:30 a.m. OPEN SWIM			5:45 - 7:00 a.m. Advanced Masters <i>Julie Dibens</i>	6:00 - 8:00 a.m. RACE					
6:30 - 7:45 a.m. Masters <i>Austin</i>	6:30 - 7:45 a.m. Advanced Masters <i>Erik</i>	6:30 - 7:45 a.m. Masters <i>Austin</i>	5:00 - 9:00 a.m. OPEN SWIM	7:00 - 8:00 a.m. Masters <i>Jonathan</i>		7:00 - 8:30 a.m. OPEN SWIM				
7:45 - 9:15 a.m. Advanced Masters <i>Austin</i>	7:45 - 9:00 a.m. OPEN SWIM	7:45 - 12:00 p.m. OPEN SWIM		9:00 - 10:30 a.m. Dibens Tri \$ <i>Dibbens</i>	8:00 - 10:30 a.m. OPEN SWIM	8:00 - 9:30 a.m. Masters <i>Austin</i>	8:30 - 10:00 a.m. Masters <i>Lauren</i>			
9:30 - 10:30 a.m. Water Running <i>Julia - 3 lanes open</i>	9:00 - 10:30 a.m. Dibens Tri \$ <i>Julie</i>		10:30 - 11:30 a.m. Water Running <i>Vicki - 3 lanes open</i>				10:30 - 11:30 a.m. Water Running <i>Vicki - 3 lanes open</i>	10:30 - 11:30 a.m. Water Running <i>Vicki - 3 lanes open</i>	9:30 a.m. - 7:00 p.m. OPEN SWIM	10:00 a.m. - 7:00 p.m. OPEN SWIM
10:30 - 12:00 p.m. OPEN SWIM	10:30 - 11:30 a.m. Water Running <i>Vicki - 3 lanes open</i>									
12:00 - 1:15 p.m. Masters <i>Rob</i>	11:30 - 12:30 p.m. Stroke Development <i>Rob</i> <i>1 lane open</i>	12:00 - 1:15 p.m. Masters <i>Rob</i>	11:30 - 12:30 p.m. Stroke Development <i>Rob</i> <i>1 lane open</i>	12:00 - 1:15 p.m. Masters <i>Susan</i>						
	12:30 - 1:30 p.m. Masters <i>Austin</i>		12:30 - 1:30 p.m. Masters <i>Rob</i>							
1:15 - 4:30 p.m. OPEN SWIM	1:30 - 4:30 p.m. OPEN SWIM	1:15 - 4:30 p.m. OPEN SWIM	1:15 - 4:30 p.m. OPEN SWIM	1:15 - 4:30 p.m. OPEN SWIM						
4:30 - 6:30 p.m. RACE Senior Group	4:30 - 5:30 p.m. RACE Senior Group	4:30 - 6:30 p.m. RACE Senior Group	4:30 - 5:30 p.m. RACE Senior Group	4:30 - 6:30 p.m. RACE Senior Group						
	5:30 - 10:00 p.m. OPEN SWIM		5:30 - 6:30 p.m. OPEN SWIM				6:30 - 7:30 p.m. Masters <i>Rob</i> <i>1-2 lanes open</i>			
6:30 - 10:00 p.m. OPEN SWIM			8:30 - 10:00 p.m. OPEN SWIM	6:30 - 10:00 p.m. OPEN SWIM	6:30 - 10:00 p.m. OPEN SWIM					

INDOOR LAP POOL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00 a.m. - 4:30 p.m. Open Swim	5:00 - 10:30 a.m. Open Swim	5:00 - 10:30 a.m. Open Swim	5:00 a.m. - 3:30 p.m. Open Swim	5:00 a.m. - 4:15 p.m. Open Swim	7:00 - 9:00 a.m. Open Swim	8:00 a.m. - 7:00 p.m. Open Swim
	10:30 - 11:30 a.m. PreSchool Swim Class <i>3 lanes open</i>	10:30 - 11:30 a.m. PreSchool Swim Class <i>3 lanes open</i>			9:00 - 10:30 a.m. Group Lessons <i>1 lane open</i>	
	11:30 a.m. - 3:30 p.m. Open Swim	11:30 a.m. - 4:30 p.m. Open Swim	10:30 a.m. - 7:00 p.m. Open Swim			
	3:30 - 5:00 p.m. Group Swim Lessons <i>2 lanes open</i>		3:30 - 5:00 p.m. Group Swim Lessons <i>2 lanes open</i>			
4:15 - 5:15 p.m. RACE Age Group	5:00 - 6:00 p.m. RACE Age Group	4:15 - 5:15 p.m. RACE Age Group	5:00 - 6:00 p.m. RACE Age Group	4:15 - 5:15 p.m. RACE Age Group		
5:15 - 6:30 p.m. RACE Junior Group	5:15 - 6:30 p.m. RACE Junior Group	5:15 - 6:30 p.m. RACE Junior Group	5:15 - 6:30 p.m. RACE Junior Group	5:15 - 6:30 p.m. RACE Junior Group		
6:30 - 10:00 p.m. Open Swim	7:15 - 10:00 p.m. Open Swim	6:30 - 10:00 p.m. Open Swim	7:15 - 10:00 p.m. Open Swim	7:00 - 10:00 p.m. Open Swim		