





MEMORIAL DAY

Class Schedule

STUDIO 1	STUDIO 2	STUDIO 3 (Conf. Room)	STUDIO 4 (Upstairs)	CYCLE ROOM	AQUA	
8:00 - 9:00 Stepin' Style Vin	8:00 Rita 				9:00 - 10:00 Cardio Mix Lori ***	
9:00 - 10:00 Zumba Vin	9:00 - 9:30 Ramp Strong Rita	8:30 - 9:45 Power Yoga Linda	9:00 - 10:00 Pilates Phil	9:15 - 10:15 Cycle Blair	10:00 - 11:00 Aqua Tone Lori	
	9:30 - 10:15 Ramping Rita				*** Indicates a class in the lap pool	
10:00 - 11:00 Boot Camp Pat	 10:30 AI	10:00 - 11:00 Will Power & Grace Linda				
 11:35 AI	 11:30 Karen	PFW Memorial Day Hours: 7am - 1pm				

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