

# WELL SPA FITNESS CLASS SCHEDULE

**Sunday      Monday      Tuesday      Wednesday      Thursday      Friday      Saturday**

**Class schedule is subject to change based on attendance.**

<b>Sunrise Yoga</b> 8:00am on pool deck w/Cory or Sam	<b>Aqua</b> 9:00am-Cory	<b>Running Tour</b> 6:15am-Cory	<b>Sunrise Yogaloties</b> 8:00am on pool deck w/Linda	<b>Running Tour</b> 6:15am-Cory	<b>Aqua</b> 9:00am - Pamela	<b>*Body Pump</b> 7:15am-Christy
<b>Cycling</b> 9:00am- Cory/Sam	<b>Fit Ball</b> 9:00am- Sindy	<b>Cycling</b> 7:30am-Christy	<b>Aqua</b> 9:00am - Linda	<b>*Body Pump</b> 7:45am- Christy	<b>Cardio Mix</b> 9:00am- Christy	<b>*Coach Cory's B</b> 8:00am-Cory
<b>Dance Cardio</b> 10:00-Pamela	<b>Yoga</b> 10:00am- Sindy	<b>Body Pump*</b> 8:30am- Christy	<b>Dance Cardio</b> 10:00-Pamela	<b>Cycling</b> 9:00am- Christy	<b>Power Stretch</b> 10:00am(30)- Christy	<b>Kickboxing</b> 8:30am-Christy
	<b>*Hoop Time</b> 11:00am-Whitney	<b>Aqua</b> 9:00am- Cory	<b>*Hoop Time</b> 11:00am-Whitney	<b>Aqua</b> 9:00pm- Cory	<b>Dance Cardio</b> 10:30am- Pamela	<b>Aqua</b> 9:00am-Cory
		<b>Exerobics™</b> 10:00am-Linda				<b>Core &amp; More</b> 9:30am - Christy
			<b>Yoga</b> 4:45(30)- Samantha	<b>Yoga</b> 5:00pm- Pam	<b>*Hoop Time</b> 5:30pm-Whitney	<b>Family Hooping</b> 11:00am-Whitney
	<b>Cycling</b> 5:30pm- Christy	<b>Yoga</b> 5:00pm-Pam	<b>Cycling</b> 5:30- Samantha	<b>Pilates</b> 6:00pm(30)-Pam		<b>Bike Tours</b> 6:00pm-Inst. Varies
	<b>*Body Pump</b> 6:30 - Christy	<b>Pilates</b> 6:00pm(30)-Pam	<b>*Body Pump</b> 6:30pm- Valerie	<b>*Hoop Time</b> 6pm-Whitney		
	<b>Bike Tours</b> 6pm-Loren					

No lap swimming will be allowed during Aqua Classes. All Aqua classes will be held outdoors weather permitting.  
 Group Classes teach to the group. Please individually modify any exercises to suit your abilities and needs.  
 Please sign up for Body Pump and Cycling Classes at the Spa front desk within 24 hours of class. Please do not enter either class once they're started.

\* Body Pump, Hoop Time and Boot Camp are fee based classes please pay fees at the spa front desk.



