

Instructor Changes 12/9-12/15

Monday 10:00am cycle= Kim

Monday 6:30pm Cycle=Katie

Tuesday 5:30pm Yoga Flow 1-2= Mike

Tuesday 7pm Yoga 1= Kip

Wednesday 5:30pm Cycle=Katie

Thursday 10:30am Zumba=Cat

Thursday 4:30pm cycle= Katie

Thursday 6:30pm GRIT=Dom

Friday noon Zumba gold=Karen

Saturday 7:15am Body Pump=Melissa

Saturday 8:30am Cycle= Melissa

Saturday 9:30am Zumba=Krysta

Saturday 10:30am 6Pack=Krysta

Saturday 10:30am Yoga 2= Megan

Saturday 10:30am Group Cycle=Therese

Saturday 11am Zumba=Krysta

Saturday noon total body=Krysta

Sunday 8am Cycle=Jenny

Sunday 9:15 Mat Pilates=Kenny