

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY								
5:30-6:30AM TOTAL BODY CHALLENGE CYCLE STUDIO, GYM (MEAGAN)	5:30-6:15AM TOTAL BODY CHALLENGE EMERY POOL (ANDY)	5:30-6:30AM TOTAL BODY CHALLENGE STUDIO, GYM (MEAGAN)	5:30-6:15AM TOTAL BODY CHALLENGE EMERY POOL (ANDY)	5:30-6:30AM TOTAL BODY CHALLENGE TRACK (MEAGAN)	8-9AM CYCLE CYCLE STUDIO (ABBY)								
8-8:45AM AQUA COMBO EMERY POOL (ERIN)	8-8:45 DEEP WATER AEROBICS EMERY POOL (ERIN)	8-8:45AM AQUA COMBO EMERY POOL (ERIN)	8-8:45 DEEP WATER AEROBICS EMERY POOL (MIRI)	8-8:45AM AQUA COMBO EMERY POOL (ERIN)	8:30-9:30PM ZUMBA COASTAL CLUB ROOM (SARAH)								
8-9AM LOW-IMPACT AEROBICS GYM (ABBY)	8-9AM CYCLE CYCLE STUDIO (MEMBERS)	8-9AM LOW-IMPACT AEROBICS GYM (ABBY)	8-9AM CYCLE CYCLE STUDIO (MEMBERS)	8-9AM LOW-IMPACT AEROBICS GYM (ABBY)	9-10AM YOGA, CORE & MORE STUDIO (TARA)								
8:15-9:15AM ZUMBA COASTAL CLUB ROOM (SARAH H)	8-9AM ADVANCED PILATES & YOGA STUDIO (ABBY)	8:15-9:15AM ZUMBA COASTAL ROOM (SARAH H.)	8-9AM ADVANCED PILATES & YOGA STUDIO (TARA)	11:30-12:40PM CYCLE & TRX CYCLING STUDIO (ABBY)									
9-10AM YOGA STUDIO (ROMEY)	9:15-10:15AM BASIC PILATES, YOGA & STRETCH STUDIO (LORI)	9-10AM YOGA STUDIO (ROMEY)	9:15-10:15AM BASIC PILATES, YOGA & STRETCH STUDIO (LORI)	 <p>GROUP EXERCISE SCHEDULE JAN. 2 – FEB. 18, 2018 ALL CLASSES FREE FOR MEMBERS <i>EXCEPT</i> BOOTCAMP CHALLENGE! \$10 DROP IN FEE FOR NON-MEMBERS</p> <hr/> <p>New Classes!</p> <table border="0"> <tr> <td>M/W/F</td> <td>T/TH</td> </tr> <tr> <td>9:15-10AM</td> <td>4-5PM</td> </tr> <tr> <td>EASY WALKER</td> <td>BACK IN ACTION</td> </tr> <tr> <td>TRACK (BILL)</td> <td>STUDIO (NICK)</td> </tr> </table> <hr/> <p>*SPECIALTY PROGRAM! NEW YEARS RESOLUTION 10 WEEK BOOTCAMP CHALLENGE *Begins Monday, January 8 CLASS TIMES: Tuesday & Thursday, 10:30-11:15am Monday & Wednesday 6:00-6:45pm Members: \$40 Non-Members: \$80</p>		M/W/F	T/TH	9:15-10AM	4-5PM	EASY WALKER	BACK IN ACTION	TRACK (BILL)	STUDIO (NICK)
M/W/F	T/TH												
9:15-10AM	4-5PM												
EASY WALKER	BACK IN ACTION												
TRACK (BILL)	STUDIO (NICK)												
9-9:45AM AQUA STRETCH & BALANCE THERAPY POOL (IRENE)	9-9:45AM AQUA STRETCH & BALANCE THERAPY POOL (IRENE)	9-9:45AM AQUA STRETCH & BALANCE THERAPY POOL (IRENE)											
9:15-10AM SIT & STRETCH COASTAL CLUB ROOM (ABBY)	9:15-10:15AM SENIORS IN MOTION GYM (ABBY)	9:15-10AM EASY RIDER CYCLING CYCLE STUDIO (ABBY)	9:15-10:15AM SENIORS IN MOTION GYM (ABBY)										
11:30-12:40PM CYCLE & TRX CYCLING STUDIO (ABBY)	*SPECIALTY PROGRAM! 10:30-11:15AM BOOTCAMP CHALLENGE '18 COASTAL CLUB ROOM (ABBY)	11:30-12:40PM CYCLE & TRX CYCLE STUDIO (MIKE)	*SPECIALTY PROGRAM! 10:30-11:15AM BOOTCAMP CHALLENGE '18 COASTAL CLUB ROOM (ABBY)										
5:15-6:15PM WORKOUT TO THE MAX COASTAL CLUB ROOM (TARA)	5-6PM STEP & STRENGTH STUDIO (BONNIE)		5-6PM STEP & STRENGTH STUDIO (BONNIE)										
5:15-6PM TRX/TRX SWEAT STUDIO (MIKE)	5:30-6:30PM ZUMBA COASTAL ROOM (SARAH B.)	5:15-6PM TRX/TRX SWEAT STUDIO (MIKE)	5:30-6:30PM ZUMBA COASTAL CLUB ROOM (MIRI)										
6-7PM AERO DANCE STUDIO (LORI)	6:15-7PM KICKBOXING STUDIO (JESSIE)	6-7PM AERO DANCE STUDIO (LORI)	6:15-7PM KICKBOXING STUDIO (JESSIE)										
*SPECIALTY PROGRAM! 6-6:45PM BOOTCAMP CHALLENGE '18 COASTAL CLUB ROOM (NICK)	6-7PM CARDIO TENNIS FIELD HOUSE \$5 Member / \$10 NonMember	*SPECIALTY PROGRAM! 6-6:45PM BOOTCAMP CHALLENGE '18 COASTAL CLUB ROOM (NICK)											

