

**TODAY'S GROUP FITNESS CLASSES**  
**TUESDAY**

| <b>TIME</b> | <b>CLASS</b>       | <b>LOCATION</b>        | <b>INSTRUCTOR</b> |
|-------------|--------------------|------------------------|-------------------|
| 6:00 AM     | Cycle-45           | Studio 4               | Preya             |
| 7:00 AM     | 20-Minute H.I.I.T. | Basketball Court       | Brynne            |
| 8:30 AM     | TRX-30             | TRX Arena              | Brynne            |
| 9:00 AM     | Gentle Yoga        | Studio 3               | Sandi             |
| 9:00 AM     | Trail Mix          | Fitness Ctr Treadmills | Robbie            |
| 9:00 AM     | Fab Abs            | Studio 2               | Sarah C.          |
| 9:30 AM     | Bodypump™          | Studio 5               | Sarah C.          |
| 10:05 AM    | Zumba™             | Studio 3               | Monica            |
| 11:00 AM    | Aquafit            | Adult Pool             | Brynne            |
| 5:15 PM     | Simple Stretch     | Studio 3               | Mark              |
| 6:00 PM     | Mat Pilates        | Studio 3               | Jill              |
| 6:00 PM     | Trail Mix          | Fitness Ctr Treadmills | Jason             |
| 6:30 PM     | Cycle-30           | Studio 4               | Margot            |
| 7:00 PM     | Piloxing Knockout™ | Studio 2               | Taylor            |
| 7:00 PM     | Aquafit            | Adult Pool             | Jason             |
| 7:10 PM     | Fab Abs            | Studio 5               | Dodi              |