



Fitness Class Schedule October 2017

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8 AM	TAI CHI MS. SHUPING	SIT & BE FIT MS. SUZANNE	TAI CHI MS. SHUPING	SIT & BE FIT MS. SUZANNE	TAI CHI MS. SHUPING	
9 AM	STRENGTH AND TONE MS. CELIA	CORE MS. ANNETTE	PIYO MS. ANNETTE	CARDIO FIT MS. SUZANNE	STABILITY BALL TRAINING MS. ANNETTE	YOGA MS. ELLEN
10 AM	STABILITY BALL TRAINING MS. CELIA	YOGA MS. ANNETTE	CLASSICAL STRETCH MS. ANNETTE	YOGA MS. ELLEN	CORE MS. ANNETTE	STRENGTH AND TONE MS. CELIA
11 AM	BOOTCAMP MS. CELIA	FIT FOR LIFE MS. ANNETTE	STRETCH & BALANCE MS. ANNETTE	FIT FOR LIFE MS. ANNETTE	CHAIR YOGA MS. ELLEN	AQUA AERO MS. CELIA
12:30 PM	YOGA MS. ANNETTE					
5 PM	PILATES MS. ALISA	YOGA MS. ALISA	PILATES MS. ALISA	YOGA MS. ALISA		
6 PM		STRENGTH & TONE MS. ALISA		STRENGTH & TONE MS. ALISA		

Fitness Hours

MONDAY-FRIDAY

ACCESS CARD ONLY 4 - 6 AM**
DOORS OPEN 6 AM - 8 PM
ACCESS CARD ONLY 8 - 11 PM

SATURDAY

ACCESS CARD ONLY 4 - 6 AM**
DOORS OPEN 6 AM - 6 PM
ACCESS CARD ONLY 6 - 11 PM

SUNDAY

ACCESS CARD ONLY 4 - 6 PM**
DOORS OPEN 6 AM - 4 PM
ACCESS CARD ONLY 4 - 11 PM

****SKYLINE MEMBERSHIP HOURS WITH ACCESS CARD****