



# CYCLE STUDIO SCHEDULE

Dan Abraham Healthy Living Center

3<sup>rd</sup> Trimester 2017

Effective 9/5/17

|                | MON   | TUE   | WED  | THU   | FRI                                  | SAT                                 | SUN                            |
|----------------|---|---|--|---|--------------------------------------|-------------------------------------|--------------------------------|
| <b>A<br/>M</b> | <b>5:15-6:00 am</b><br><b>Cycle</b>         | 5:30-6:00 am<br>Virtual Ride                    | 5:15-6:00 am<br>Virtual Ride                     | 5:00-5:45 am<br>Virtual Ride                  | <b>5:15-6:00 am</b><br><b>Cycle</b>  |                                     |                                |
|                | 6:15-7:00 am<br>Virtual Ride                | 6:15-7:00 am<br>Virtual Ride                    | <b>6:15-7:00 am</b><br><b>Cycle</b>              | 6:30-7:00 am<br>Virtual Ride                  | 6:15-7:00 am<br>Virtual Ride         |                                     |                                |
|                | 7:30-8:00 am<br>Virtual Ride                |   |  | 7:15-7:45 am<br>Virtual Ride                  |                                      | 7:00-7:30 am<br>Virtual Ride        | 7:30-8:15 am<br>Virtual Ride   |
|                |   | 8:15-8:45 am<br>Virtual Ride                    |  |   | 8:00-8:45 am<br>Virtual Ride         | <b>8:15-9:00 am</b><br><b>Cycle</b> |                                |
|                | 9:15-10:00 am<br>Virtual Ride               | <b>9:00-10:00 am</b><br><b>Closed - Program</b> | 9:00-9:30 am<br>Virtual Ride                     | 9:30-10:30 am<br>Virtual Ride                 |                                      | 9:15-10:00 am<br>Virtual Ride       | 9:00-10:00 am<br>Virtual Ride  |
|                |   |   | <b>11:00-11:30 am</b><br><b>Closed - Program</b> |   | 10:00-10:45 am<br>Virtual Ride       | 10:15-10:45 am<br>Virtual Ride      | 10:30-11:00 am<br>Virtual Ride |
|                | <b>11:15-Noon</b><br><b>Cycle</b>           | 11:15-11:45 am<br>Virtual Ride                  | <b>11:30-Noon</b><br><b>Cycle Intro</b>          | 11:15-11:45 am<br>Virtual Ride                |                                      |                                     | 11:15-Noon<br>Virtual Ride     |
| <b>P<br/>M</b> | <b>12:15-12:45 pm</b><br><b>Cycle Intro</b> | Noon-12:45 pm<br>Virtual Ride                   | <b>12:15-1:00 pm</b><br><b>Cycle</b>             | <b>12:15-12:45 pm</b><br><b>Cycle Express</b> | <b>12:15-1:00 pm</b><br><b>Cycle</b> | 12:15-1:15 pm<br>Virtual Ride       | 12:15-12:45 pm<br>Virtual Ride |
|                |   |   |  | 1:00-1:30 pm<br>Virtual Ride                  | 1:15-1:45 pm<br>Virtual Ride         | 1:30-2:15 pm<br>Virtual Ride        | 1:00-1:45 pm<br>Virtual Ride   |
|                | 2:15-2:45 pm<br>Virtual Ride                | 2:00-2:30 pm<br>Virtual Ride                    |  |   | 2:30-3:15 pm<br>Virtual Ride         |                                     |                                |
|                | 3:30-4:00 pm<br>Virtual Ride                | 3:15-4:00 pm<br>Virtual Ride                    |  |   | 3:45-4:30 pm<br>Virtual Ride         |                                     | 3:00-3:45 pm<br>Virtual Ride   |
|                | 4:30-5:00 pm<br>Virtual Ride                | 4:15-5:00 pm<br>Virtual Ride                    | <b>4:30-5:15 pm</b><br><b>Cycle</b>              |   |                                      | 4:00-4:45 pm<br>Virtual Ride        | 4:00-4:30 pm<br>Virtual Ride   |
|                | <b>5:30-6:15 pm</b><br><b>Cycle</b>         | <b>5:30-6:15 pm</b><br><b>Cycle</b>             |  | <b>5:30-6:15 pm</b><br><b>Cycle</b>           | 5:00-5:30 pm<br>Virtual Ride         | 5:00-5:30 pm<br>Virtual Ride        | 5:30-6:15 pm<br>Virtual Ride   |
|                | 6:30-7:15 pm<br>Virtual Ride                | <b>6:15-7:15 pm</b><br><b>Closed - Program</b>  |  |   | 6:00-6:30 pm<br>Virtual Ride         |                                     |                                |
|                | 7:30-8:30 pm<br>Virtual Ride                | 7:45-8:15 pm<br>Virtual Ride                    | 7:15-7:45 pm<br>Virtual Ride                     | 7:00-7:45 pm<br>Virtual Ride                  |                                      | 7:30-8:15 pm<br>Virtual Ride        |                                |
|                |   | 8:00-9:00 pm<br>Virtual Ride                    | 8:00-8:45 pm<br>Virtual Ride                     |   |                                      |                                     |                                |

**Registration is Required**

All classes and instructors are subject to change.

Virtual Rides take approximately 2 to 3 minutes to load and begin.



# FITNESS POOL SCHEDULE

3<sup>rd</sup> Trimester 2017

Dan Abraham Healthy Living Center

Effective 9/5/17

|                | MON                                | TUE                                   | WED                           | THU                              | FRI                                   | SAT   | SUN |
|----------------|------------------------------------|---------------------------------------|-------------------------------|----------------------------------|---------------------------------------|---|-----|
| <b>A<br/>M</b> | 5:15-6:00 am<br>Liquid<br>Bootcamp | 5:30-7:00 am<br>Swim Lessons          |                               |                                  |                                       |   |     |
|                |                                    |                                       |                               |                                  | 6:15-7:00 am<br>Aqua Mixx             |   |     |
|                |                                    |                                       |                               |                                  |                                       | 8:15-9:00 am<br>Aqua<br>Instructor's Choice |     |
|                | 9:00-9:30 am<br>Social Splash      | 9:15-10:00 am<br>Aqua Mixx            | 9:00-9:30 am<br>Social Splash |                                  | 9:00-9:30 am<br>Social Splash         |   |     |
|                | 9:30-10:25 am<br>AOA Aqua          |                                       | 9:30-10:25 am<br>AOA Aqua     |                                  | 9:30-10:25 am<br>AOA Aqua             |   |     |
|                |                                    | 10:15-11:00 am<br>Restorative<br>Aqua |                               | 10:15-11:15 am<br>Group Training | 10:30-11:00 am<br>Beach<br>Volleyball |   |     |
|                |                                    |                                       |                               | 11:30-1:00 pm<br>Swim Lessons    |                                       |   |     |
| <b>P<br/>M</b> |                                    | 12:00-12:45 pm<br>Swim Lessons        |                               |                                  |                                       |   |     |
|                |                                    |                                       |                               |                                  |                                       |   |     |
|                |                                    |                                       |                               |                                  |                                       |   |     |
|                | 3:15-4:15 pm<br>Group Training     |                                       | 3:30-4:00 pm<br>Fluid Motion  | 3:30-4:30 pm<br>Group Training   |                                       |   |     |
|                | 4:30-5:15 pm<br>Aqua Mixx          | 4:30-5:00 pm<br>HIIT the Water        | 4:00-4:30 pm<br>Fluid Sculpt  |                                  |                                       |   |     |
|                | 5:30-6:15 pm<br>Swim Lessons       | 5:15-6:00 pm<br>Aqua Zumba            |                               | 5:30-6:15 pm<br>Group Training   |                                       |   |     |
|                |                                    | 6:30-8:00 pm<br>Swim Lessons          |                               |                                  |                                       |   |     |

Registration is Required

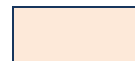


# MIND/BODY STUDIO SCHEDULE

Dan Abraham Healthy Living Center

|                   | MON                               | TUE                              | WED                                   | THU                                | FRI                                  | SAT                                 | SUN                         |
|-------------------|-----------------------------------|----------------------------------|---------------------------------------|------------------------------------|--------------------------------------|-------------------------------------|-----------------------------|
| <b>AM OPTIONS</b> |                                   |                                  |                                       |                                    |                                      |                                     |                             |
| <b>A<br/>M</b>    |                                   | 5:15-6:00 am<br>Yoga             |                                       |                                    |                                      |                                     |                             |
|                   | 6:15-7:00 am<br>Yoga              | 6:15-7:00 am<br>Pilates Core     | 6:15-7:00 am<br>Yoga                  | 6:00-7:00 am<br>Closed for Program | 6:15-7:00 am<br>Yoga Basics          |                                     |                             |
|                   |                                   |                                  |                                       |                                    | 8:00-9:00 am<br>Closed for Program   | 8:00-9:00 am<br>Yoga Basics         |                             |
|                   |                                   | 9:00-10:00 am<br>Yin Restore     | 9:15-10:00 am<br>Yoga Basics          | 9:15-10:00 am<br>Pilates Core      | 9:15-10:00 am<br>Pilates Bal/Control | 9:15-10:00 am<br>Pilates Core       |                             |
|                   | 10:15-11:00 am<br>Yoga Basics     | 10:15-11:00 am<br>Pilates Core   | 10:15-11:00 am<br>Pilates Bal/Control | 10:15-11:00 am<br>Yoga Basics      | 10:15-11:00 am<br>Yoga Basics        | 10:15-11:15 am<br>Yoga              |                             |
|                   | 11:15-Noon<br>Yoga                | 11:15-Noon<br>Yoga               | 11:15-Noon<br>Yoga Basics             | 11:15-Noon<br>Yoga                 | 11:15-Noon<br>Yoga                   |                                     |                             |
| <b>PM OPTIONS</b> |                                   |                                  |                                       |                                    |                                      |                                     |                             |
| <b>P<br/>M</b>    | 12:15-1:00 pm<br>Barefoot Power   | 12:15-1:00 pm<br>Yoga            | 12:15-1:00 pm<br>Yoga                 | 12:15-1:00 pm<br>Yoga Basics       | 12:15-1:15 pm<br>Warm Yoga Fusion    | 12:00-2:00 pm<br>Closed for Program | 12:30-1:30 pm<br>Yoga       |
|                   | 1:30-2:15 pm<br>Chair Yoga        | 1:15-2:15 pm<br>Closed - Program | 1:15-2:00 pm<br>AT Mind in Motion     | 1:15-2:00 pm<br>AT Mind in Motion  | 1:30-2:15 pm<br>AT Mind in Motion    |                                     |                             |
|                   | 2:30-3:15 pm<br>Pilates Core      | 2:30-3:15 pm<br>Chair Yoga       |                                       | 2:15-3:00 pm<br>Chair Yoga         | 2:30-3:15 pm<br>Chair Yoga           |                                     | 2:00-3:00 pm<br>Yin Restore |
|                   | 3:30-4:15 pm<br>Meditation        | 3:30-4:15 pm<br>Yoga             | 3:30-4:15 pm<br>Yoga                  |                                    | 3:30-4:30 pm<br>Yin Restore          |                                     | 3:30-4:30 pm<br>Yoga Basics |
|                   | 4:30-5:15 pm<br>Yoga              | 4:30-5:15 pm<br>Yoga Basics      | 4:30-5:15 pm<br>Yoga                  | 4:00-5:00 pm<br>Warm Yoga Fusion   |                                      |                                     | 4:45-5:45 pm<br>Yoga        |
|                   | 5:30-6:15 pm<br>Yoga              | 5:30-6:15 pm<br>Pilates Core     | 5:30-6:15 pm<br>Yoga                  | 5:15-6:00 pm<br>Yoga               | 5:00-6:00 pm<br>Warm Yoga Fusion     |                                     |                             |
|                   | 6:30-7:15 pm<br>AT Mind in Motion |                                  | 6:30-7:15 pm<br>Yoga Basics           | 6:30-7:15 pm<br>Pilates Sculpt     |                                      |                                     |                             |
|                   | 7:30-8:30pm<br>Yin Restore        | 7:00-8:00 pm<br>Warm Yoga Fusion |                                       |                                    |                                      |                                     |                             |

3<sup>rd</sup> Trimester 2017 (Effective 9/5/17)



Registration is Required



# MULTI PURPOSE STUDIO SCHEDULE

Dan Abraham Healthy Living Center

|                   | MON                               | TUE                             | WED                               | THU                             | FRI                               | SAT                      | SUN                       |
|-------------------|-----------------------------------|---------------------------------|-----------------------------------|---------------------------------|-----------------------------------|--------------------------|---------------------------|
| <b>AM OPTIONS</b> |                                   |                                 |                                   |                                 |                                   |                          |                           |
| <b>A<br/>M</b>    | 4:40-4:55am<br>Core Express       | 5:00-5:45am<br>Power 45         | 8:00-8:45am<br>AOA Core & Balance | 5:00-5:45am<br>Power 45         | 4:40-4:55am<br>Core Express       | 7:15-8:00am<br>Indo-Row  | 10:15-11:00am<br>Strength |
|                   | 8:00-8:45am<br>AOA Core & Balance | 6:00-6:30am<br>Strength Express | 9:15-10:00am<br>AOA Mixx          | 10:30-11:00am<br>Indo-Row Intro | 9:15-10:00am<br>AOA Mixx          | 8:15-9:00am<br>Zumba     |                           |
|                   | 9:15-10:00am<br>Strength          | 10:30-11:00am<br>Quick Fixx     | 11:30-Noon<br>Indo-Row Express    | 11:15-Noon<br>Zumba             | 10:30-11:00am<br>Quick Fixx       | 9:15-10:00am<br>Strength |                           |
|                   | 11:15-Noon<br>Row & Reps          | 11:15-Noon<br>Strength          |                                   |                                 | 11:15-11:45am<br>Strength Express |                          |                           |
| <b>PM OPTIONS</b> |                                   |                                 |                                   |                                 |                                   |                          |                           |
| <b>P<br/>M</b>    | 12:15-1:00pm<br>Strength          | 12:15-1:00pm<br>Cardio Kickbox  | 12:15-12:45pm<br>Strength Express | 12:15-1:00pm<br>Barefoot Power  | Noon-12:30pm<br>Indo-Row Express  |                          |                           |
|                   | 1:15-2:00pm<br>Power 45           | 2:30-3:15pm<br>Strength         | 1:15-2:00pm<br>Power 45           | 2:30-3:15pm<br>Strength         | 1:15-2:00pm<br>Power 45           |                          |                           |
|                   | 3:45-4:15pm<br>Strength Intro     | 3:30-4:00pm<br>Quick Fixx       | 4:30-5:15pm<br>Strength           | 3:30-4:00pm<br>Quick Fixx       | 4:30-5:15pm<br>Strength           |                          |                           |
|                   | 4:30-5:15pm<br>Strength           | 4:30-5:15pm<br>Row & Reps       | 5:30-6:15pm<br>Indo-Row           | 4:30-5:15pm<br>Cardio Kickbox   |                                   |                          |                           |
|                   | 5:30-6:15pm<br>Zumba              | 5:30-6:15pm<br>Cardio Kickbox   |                                   | 5:30-6:15pm<br>Strength         |                                   |                          |                           |
|                   | 6:30-7:15pm<br>Barefoot Power     | 6:30-7:15pm<br>Strength         |                                   |                                 |                                   |                          |                           |

3<sup>rd</sup> Trimester 2017 (Effective 9/5/17)

Registration is Required



# TRAINING STUDIO SCHEDULE

Dan Abraham Healthy Living Center

|                   | MON                               | TUE                             | WED                             | THU                               | FRI                               | SAT                             | SUN                             |
|-------------------|-----------------------------------|---------------------------------|---------------------------------|-----------------------------------|-----------------------------------|---------------------------------|---------------------------------|
| <b>AM OPTIONS</b> |                                   |                                 |                                 |                                   |                                   |                                 |                                 |
| A<br>M            | 5:15-5:45am<br>Fusion Express     | 6:15-7:00am<br>Fusion 45        | 5:00-5:45am<br>Fusion 45        | 5:00-5:45am<br>KB & ST            | 5:15-5:45am<br>Fusion Express     | 7:45-8:00am<br>Core Express     | 9:15-10:00am<br>Fusion 45       |
|                   | 6:00-7:00am<br>KB & ST            | 8:00-9:00am<br>Closed - Program | 6:00-7:00am<br>KB & ST          | 6:15-7:00am<br>Fusion 45          | 6:15-7:00am<br>Fusion 45          | 8:15-9:00am<br>Fusion 45        | 10:45-11:00am<br>Core Express   |
|                   | 9:15-10:00am<br>Fusion 45         | 9:15-10:00am<br>AOA Fusion      | 7:30-8:30am<br>Closed - Program | 7:15-7:30am<br>Core Express       | 7:15-7:30am<br>Core Express       | 9:15-10:00am<br>Fusion 45       | 11:15-11:45am<br>Fusion Express |
|                   | 10:00-11:00am<br>Closed - Program | 11:15-11:45am<br>Fusion Express | 9:15-10:00am<br>Fusion 45       | 8:00-8:45am<br>Fusion 45          | 9:15-10:00am<br>Fusion 45         | 10:15-10:30am<br>Core Express   |                                 |
|                   | 11:15-11:45am<br>Fusion Express   |                                 | 10:15-11:00am<br>Fusion 45      | 9:15-10:00am<br>AOA Fusion        | 10:00-11:00am<br>Closed - Program | 10:45-11:15am<br>Fusion Express |                                 |
|                   |                                   |                                 | 11:15-11:45am<br>Fusion Express | 10:00-11:00am<br>Closed - Program | 11:15-11:45am<br>Fusion Express   |                                 |                                 |
|                   |                                   |                                 |                                 | 11:15-11:45am<br>Fusion Express   |                                   |                                 |                                 |
| <b>PM OPTIONS</b> |                                   |                                 |                                 |                                   |                                   |                                 |                                 |
| P<br>M            | 12:15-1:00pm<br>KB & ST           | Noon-12:15pm<br>Core Express    | 12:15-1:00pm<br>KB & ST         | Noon-1:00pm<br>Closed - Program   | 12:15-12:45pm<br>Fusion Express   |                                 |                                 |
|                   | 1:15-1:45pm<br>Fusion Express     | 1:00-2:00pm<br>Closed - Program | 1:15-2:00pm<br>Fusion 45        | 3:45-4:15pm<br>Fusion Express     | 3:00-4:00pm<br>Closed - Program   |                                 |                                 |
|                   | 2:00-2:15pm<br>Core Express       | 3:45-4:15pm<br>Fusion Express   | 2:30-3:30pm<br>Closed - Program | 4:30-4:45pm<br>Core Express       |                                   |                                 |                                 |
|                   | 4:30-5:15pm<br>Fusion 45          | 4:30-5:15pm<br>Fusion 45        | 3:45-4:15pm<br>Fusion Express   | 5:15-5:45pm<br>Fusion Express     |                                   |                                 |                                 |
|                   | 5:30-6:15pm<br>Fusion 45          | 5:30-6:00pm<br>Fusion Express   | 4:30-5:15pm<br>Fusion 45        | 6:15-7:00pm<br>KB & ST            |                                   |                                 |                                 |
|                   | 6:45-7:30pm<br>Closed - Program   | 6:15-7:00pm<br>KB & ST          | 5:30-6:30pm<br>Closed - Program |                                   |                                   |                                 |                                 |
|                   |                                   | 7:30-8:00pm<br>Fusion Express   | 6:30-7:00pm<br>Fusion Express   |                                   |                                   |                                 |                                 |
|                   |                                   | 7:30-8:00pm<br>Fusion Express   |                                 |                                   |                                   |                                 |                                 |



# TRAINING STUDIO SCHEDULE

Dan Abraham Healthy Living Center

**3<sup>rd</sup> Trimester 2017** (Effective 9/5/17)



Registration is Required