

8:00 am – 9:15 am	<i>Slim and Sculpting 1 + 2</i> Fitness on Demand at Events Center
9:30 am – 10:20 am	<i>Morning-N-Motion</i> with Jessica and Diane at Events Center
10:30 am – 10:50 am	<i>Seated Movements</i> Fitness on Demand at Events Center
10:30 am – 11:25 am	<i>Afturburn</i> with various trainers at Athletic Club
4:00 pm – 4:50 pm	<i>Yoga</i> with Jessica at Events Center
5:00 pm – 5:40 pm	<i>Rhythm</i> Fitness on Demand at Events Center
5:40 pm – 6:05 pm	<i>Julia's Lower Body, Abs, and Toning</i> Fitness on Demand at Events Center
6:10 pm – 7:05 pm	<i>Transform 1</i> Fitness on Demand at Events Center
7:10 pm – 7:25 pm	<i>Floating in the Clouds</i> Fitness on Demand at Events Center
8:00 am – 8:45 am	<i>Yoga for EveryBODY</i> with Jessica at Events Center
9:00 am – 9:30 am	<i>Groove</i> Fitness on Demand at Events Center
9:35 am – 9:55 am	<i>Ab Lab</i> Fitness on Demand at Events Center
10:00 am – 10:50 am	<i>Men Only</i> with Jessica at Events Center
5:00 pm – 5:55 pm	<i>Afturburn</i> with various trainers at Athletic Club
8:00 am – 8:30 am	<i>Standing Movements 1 + 2</i> Fitness on Demand at Events Center
8:00 am – 8:50 am	<i>Splash Aqua Fitness</i> with Adrienne at Indoor Pool
8:35 am – 8:50 am	<i>Overcoming Obstacles</i> Fitness on Demand at Events Center
9:30 am – 10:20 am	<i>Morning-N-Motion</i> with Jessica and Diane at Events Center
10:30 am – 11:05 am	<i>Monica's Pilates 4</i> Fitness on Demand at Events Center
1:00 pm – 1:15 pm	<i>Stretch Snack</i> Athletic Center Lobby
8:00 am – 8:45 am	<i>Center of Gravity</i> Fitness on Demand at Events Center
9:00 am – 9:40 am	<i>KickCamp</i> Fitness on Demand at Events Center
9:00 am – 9:55 am	<i>Afturburn</i> with various trainers at Athletic Club
9:40 am – 10:00 am	<i>Ab Lab</i> Fitness on Demand at Events Center
10:15 am – 11:00 am	<i>Yoga for EveryBODY</i> with Jessica at Events Center
1:00 pm – 1:25 pm	<i>Frog Puddle + Pirate Ship</i> Fitness on Demand at Events Center
6:00 pm – 6:50 pm	<i>Splash Aqua Fitness</i> with Adrienne at Outdoor Pool
6:00 pm – 6:35 pm	<i>Transform 2</i> Fitness on Demand at Events Center
7:00 pm – 7:50 pm	<i>Yoga for Warriors</i> Fitness on Demand at Events Center
8:00 am – 8:45 am	<i>Latin Sizzle</i> with Jessica at Events Center
8:00 am – 8:55 am	<i>Afturburn</i> with various trainers at Athletic Club
9:00am – 9:50 am	<i>Yoga</i> with Jessica at Events Center
10:00 am – 10:40 am	<i>Rhythm</i> Fitness on Demand at Events Centerr
10:30 am – 10:45 am	<i>Stretch Snack</i> Athletic Center Lobby
10:00 am – 10:45 am	<i>Connection</i> with Jessica on Yoga Lawn outside of Athletic Club
11:00 am – 11:15 am	<i>Stretch Snack</i> Athletic Center Lobby
12:00 pm – 12:15 pm	<i>Stretch Snack</i> Athletic Center Lobby