

May 2017 / Daily Zenergy Schedule

MONDAY	CLASS	LOCATION	NOTES
6:30-7:25am	BODYPUMP (Anna, Emily, Zack, Sheridan)	Fitness Studio	
6:30-7:30am	Hot Yoga (Tara)	Yoga Studio	
8:00-8:55am	Zumba (Priscilla)	Fitness Studio	
8:00-9:00am	Masters Swim (Ed)	Outdoor Pool	
8:30-9:25am	RPM Power Ride (Joel/India)	Cycling Studio	
9:00-9:45am	\$ Bikini/Bermuda Boot Camp (Yvette)	Gym	May 1 - June 5 / Mon & Wednesday
9:00-9:55am	Step (Kim)	Fitness Studio	No Class May 29
9:00-9:55am	\$ Pilates Wall Unit Clinic (Emily)	Pilates Studio	M \$35/NM \$40 (drop-in rate)
9:00-10:55am	\$ Tennis Ladies Day 3.5+ (George / Rob)	Tennis	TM Free / HM \$30
9:30-10:45am	All Levels Yoga (Dana)	Yoga Studio	
10:00-10:55am	Pilates Mat Intermediate (Zoe)	Fitness Studio	
11:00-11:55am	Deep Water Hydro Fit (Margie)	Outdoor Pool	
11:30-11:55am	BODYCOMBAT (Anna)	Fitness Studio	
12:00-12:30pm	CXWORX (Tim)	Fitness Studio	
12:00-12:55pm	Masters Swim (Ed)	Outdoor Pool	
12:00-1:00pm	All Levels Hatha Yoga (Victoria)	Yoga Studio	
12:35-1:25pm	Zen Roller (Tim)	Fitness Studio	
2:00-3:25pm	\$ Adult Tennis Clinic (Rob & George)	Tennis	TM Free / HM \$30
3:00-4:00pm	\$ Soo Bahk Do / Tiger Tots (Oliver)	Fitness Studio	March 27 - May 29
4:00-5:15pm	\$ Atkinsons Park Swim Club (Ed & Maria)	Outdoor Pool	April 2 - May 25
4:00-5:25pm	\$ Soo Bahk Do / Karate Kids (Oliver)	Fitness Studio	March 27 - May 29
4:30-5:55pm	\$ Int. Jr Tennis Clinic /8-12yrs (Rob & Zack)	Tennis	
5:00-5:55pm	RPM Ride (Georgie)	Cycling Studio	Last Class May 8th
5:30-6:30(ish)pm	Zenergy Bike Club (rotation)	Lobby	Starts May 15th
5:30-6:45pm	The Hot 26 Yoga (Brenda)	Yoga Studio	
6:00-7:25pm	\$ Mixed Doubles 3.5+ (Jamie)	Tennis	TM Free/HM \$20 / NM \$20

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TUESDAY	CLASS	LOCATION	NOTES
6:30-7:25am	Suunto Heart Rate Training Ride (Erin)	Cycling Studio	
7:15-8:00am	\$ Bikini/Bermuda Boot Camp (Yvette)	Gym	May 2 - June 8 / Tues & Thursday
7:30-8:45am	Hot Yoga (Sandi)	Yoga Studio	
8:00-8:55am	Ballet Barre Works (Erin)	Fitness Studio	
8:00-9:00am	Masters Swim (Ed)	Outdoor Pool	
8:15-9:00am	\$ Bikini/Bermuda Boot Camp (Yvette)	Gym	May 2 - June 8 / Tues & Thursday
8:30-9:25am	Suunto HRT for "Masters" (Brenda)	Cycling Studio	
9:00-9:55am	BODYPUMP (Emily)	Fitness Studio	
9:15-10:00am	\$ TRX- The Basics (Yvette)	Gym	One day only - May 23rd
9:30-10:30am	All Levels Yoga (Danielle)	Yoga Studio	
10:00-10:30am	CXWORX (Emily)	Fitness Studio	
10:00-10:55am	\$ Spring Super Strength (Brenda)	Gym	April 14 - June 1
10:30-11:25am	\$ Free Your Sole (Sean Patrick Parnell)	Fitness Studio	May 9 - 18 / Tues & Thursday
11:00-11:55am	Liquid Blade Runner (Suzanne)	Outdoor Pool	
12:00-12:55pm	BODYPUMP (Anna)	Fitness Studio	
12:00-1:00pm	Yin Yoga (Cathie)	Yoga Studio	
3:00-3:40pm	\$ April Beginner Water Fun (Ages 3, 4, 5)	Indoor Pool	April 4 - May 30 no class April 18
3:45-4:25pm	\$ Little Tennis (Rob & Zack)	Tennis	TM Free / HM \$15 / NM \$20
3:45 - 4:25pm	\$ Kids Stroke Improvement (Jennifer)	Indoor Pool	April 4 - May 30 no class April 18
4:00-5:15pm	Guided Meditation/All Levels Yoga (Ryan)	Yoga Studio	
4:00-5:15pm	\$ Atkinsons Park Swim Club (Ed & Maria)	Outdoor Pool	April 2 - May 25
4:30-5:15pm	\$ April Beginner Water Fun (Ages 2.5 - 3.5)	Indoor Pool	April 4 - May 30 no class April 18
4:30-5:25pm	Pilates Mat Fundamentals (Zoe)	Fitness Studio	
4:30-5:55pm	\$ Adv. Jr Tennis Clinic / 12+ yrs (Rob)	Tennis	TM Free / HM \$30
5:15-6:15pm	Masters Swim (Ed)	Outdoor Pool	
5:30-6:15pm	CycleJam (India)	Cycling	Last Class May 9th
5:30-6:30pm	\$ Grounded and Embodied Meditaton (Erica)	Yoga Studio	May 9 - 30
6:30-7:25pm	Aquability (Jennifer)	Indoor Pool	

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WEDNESDAY	CLASS	LOCATION	NOTES
6:30-7:25am	Body Sculpt (Alexa)	Fitness Studio	
7:00-8:00am	Zen Roller (Tim)	Yoga Studio	
7:00-7:55am	Zenergy Cycling Club Ride (India, Brenda)	Cycling Studio	Exclusive to Zen Cycle Members Last session May 10
8:00-9:00am	Masters Swim (Ed)	Outdoor Pool	
8:30-9:25am	RPM Power Ride (Georgie)	Cycling Studio	
9:00-9:45am	\$ Bikini/Bermuda Boot Camp (Yvette)	Gym	May 1 - June 5 / Mon & Wednesday
9:00-9:55am	\$ Cardio Tennis (Rob)	Tennis	TM No Charge / HM \$20 / NM \$25
9:00-9:55am	Zumba (Casey)	Fitness Studio	
9:00-9:55am	\$ Pilates Wall Unit Clinic (Emily)	Pilates Studio	M \$35/NM \$40 (drop-in rate)
9:30-10:45am	All Levels Hatha Flow (Lauri)	Yoga Studio	
10:00-10:55am	Pilates Mat Intermediate/Adv (Emily)	Fitness Studio	
11:00-11:45am	Deep Water Hydrofit (Margie)	Outdoor Pool	
11:30-12:00pm	Power Lunch Ride (Jon)	Cycling Studio	
12:00-12:30pm	CXWORX (Tim)	Fitness Studio	
12:00-12:55pm	Masters Swim (Ed)	Outdoor Pool	
12:00-12:55pm	\$ Shot of the Week Clinic (Rob)	Tennis	TM No Charge / HM \$20 / NM \$25
12:00-1:00pm	Hot Power Hour (Sandi)	Yoga Studio	
4:00-4:55pm	Gentle Yoga / Sport Stretch (Yvette)	Yoga Studio	
4:00-5:15pm	\$ Atkinsons Park Swim Club (Ed & Maria)	Outdoor Pool	April 2 - May 25
5:30-6:45pm	Heated Vinyasa Flow (Tara)	Yoga Studio	
6:00-7:30pm	\$ Men's Doubles and Drills 4.0+	Tennis	TM No Charge / HM \$20 / NM \$20
6:15-7:30pm	Private Group	Fitness Studio	

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THURSDAY	CLASS	LOCATION	NOTES
6:30-7:25am	Suunto Heart Rate Training Ride (Julie)	Cycling Studio	
7:15-8:00am	\$ Bikini/Bermuda Boot Camp (Yvette)	Gym	May 2 - June 8 / Tues & Thursday
7:30-8:45am	Hot Yoga (Brenda)	Yoga Studio	
8:00-8:55am	Ballet Barre Works (Erin)	Fitness Studio	
8:00-9:00am	Masters Swim (Ed)	Outdoor Pool	
8:15-9:00am	\$ Bikini/Bermuda Boot Camp (Yvette)	Gym	May 2 - June 8 / Tues & Thursday
8:30-9:25am	RPM / Power Ride (Ashley)	Cycling Studio	
9:00-9:55am	BODYPUMP (Anna)	Fitness Studio	
9:30-10:30am	All Levels Yoga (Danielle)	Yoga Studio	
11:00-11:55am	Deep Water Hydrofit (Suzanne)	Outdoor Pool	
12:00-12:55pm	BODYPUMP (Emily)	Fitness Studio	
12:00-1:00pm	Yin Yoga (Cathie)	Yoga	
2:00-2:55pm	Pilates Mat Beginner / Int. with Deborah	Fitness Studio	
2:00-3:25pm	\$ Adult Tennis Clinic (Rob & George)	Tennis	TM Free / HM \$30
4:00-5:00pm	Gentle Yoga / Sport Stretch (Yvette)	Yoga	
4:00-5:15pm	\$ Atkinsons Park Swim Club (Ed & Maria)	Outdoor Pool	April 2 - May 25
4:00-5:25pm	\$ Soo Bahk Do / Karate Kids (Oliver)	Fitness Studio	March 27 - May 29
5:15-6:10pm	Masters Swim (Ed)	Outdoor Pool	
5:30-6:15pm	RPM Power Ride (Susan)	Cycling Studio	Last Class May 11th
6:00-7:25pm	Aquability (Jennifer)	Indoor Pool	

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FRIDAY	CLASS	LOCATION	NOTES
6:30-7:25am	Dry Land Training (Alexa / Kristen)	Outside - Meet in Lobby	
7:00-7:55am	Zenergy Cycling Club Ride (Georgie, Susan)	Cycling Studio	Exclusive to Zen Cycle Members Last session May 12
7:00-8:00am	Gentle Yoga for Athletes (Brenda)	Yoga Studio	
8:00-9:00am	Masters Swim (Ed)	Outdoor Pool	
8:15-9:00am	Qi Gong (Cal Millar)	Yoga Studio	
8:30-9:25am	RPM / Power Ride (Yvette)	Cycling Studio	
9:00-9:55am	BODYATTACK (Anna/Kim)	Fitness Studio	
9:00-9:55am	\$ Pilates Wall Unit Clinic (Emily)	Pilates Studio	M \$35/NM \$40 (drop-in rate)
9:30-10:30am	Weekend Warrior (Yvette)	Yoga Studio	
10:00-10:55am	\$ Spring Super Strength (Brenda)	Gym	April 14- June 1
10:00-10:55am	Pilates Mat Intermediate/Adv (Emily)	Fitness Studio	
11:00-11:55am	Deep Water Hydro Fit (Margie)	Outdoor Pool	
11:00-12:25pm	\$ Tennis Men's Day 3.5+ (Rob)	Tennis	TM Free / HM \$30
11:30-11:55am	BODYCOMBAT (Anna)	Fitness Studio	
12:00-12:30pm	CXWORX (Emily)	Fitness Studio	
12:30 - 1:00pm	Stretch (Emily)	Fitness Studio	Last Class May 7th
12:00-12:55pm	Masters Swim (Ed)	Outdoor Pool	
12:00-1:00pm	Hot Power Hour (Sandi)	Yoga Studio	

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SATURDAY	CLASS	LOCATION	NOTES
7:45-8:40am	BODYPUMP (Anna)	Fitness Studio	
8:00-9:15am	Hot Yoga (Brenda)	Yoga Studio	
9:00-9:55am	Pilates Mat (Zoe)	Fitness Studio	
9:00-9:55am	RPM Power Ride (Beth)	Cycling Studio	
10:00-10:30am	\$ Water Babies (Missy)	Indoor Pool	April 22 - May 13
10:00-10:55am	BODYPUMP (Zack)	Fitness Studio	
10:00-11:30am	Yoga with Healing Sound (Amy)	Yoga Studio	
2:00-3:25pm	\$ Adult Beg. /Int. Tennis Clinic (Jamie)	Tennis	TM Free / HM \$30
4:30-5:00pm	\$ Water Babies (Missy)	Indoor Pool	April 22 - May 13
SUNDAY	CLASS	LOCATION	NOTES
8:30-9:55am	Suunto Heart Rate Training Ride (Julie)	Cycling Studio	
9:30-10:45am	All Levels Yoga (Dana)	Yoga Studio	
10:00-10:55am	Ballet Barre Works (Peter)	Fitness Studio	
3:00-4:15pm	Heated Vinyasa Flow (Lauri)	Yoga Studio	
5:00-6:00pm	Restorative Yoga (Katherine)	Yoga Studio	