



## Hendersonville Family YMCA | April 27th - May 3rd

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>HIIT</b> Gym <a href="#">Sign Up</a>					5:45AM-6:30AM (Combination) <i>Todd S.</i>		
<b>Pilates</b> Gym <a href="#">Sign Up</a>					8:00AM-8:45AM (Mind Body) <i>Wendy S.</i>		
<b>BODYCOMBAT</b> Fitness Studio <a href="#">Sign Up</a>					8:00AM-8:45AM (Cardio) <i>Allyson B.</i>	8:30AM-9:15AM (Cardio) <i>Ashley B.</i>	
<b>NIA</b> Fitness Studio <a href="#">Sign Up</a>					9:00AM-9:45AM (Dance) <i>Denise M.</i>		
<b>Cycle</b> Cycle Studio <a href="#">Sign Up</a>					9:00AM-9:45AM (Cardio) <i>Mary A.</i>	8:30AM-9:15AM (Cardio) <i>Claire N.</i>	
<b>TRX</b> Gym/Outside <a href="#">Sign Up</a>					9:00AM-9:45AM (Combination) <i>Ann F.</i>  10:00AM-10:45AM (Combination) <i>Trista C.</i>		
<b>Aqua Tabata</b> Pool <a href="#">Sign Up</a>					9:10AM-10:00AM (Aquatics) <i>Wendy S.</i>		
<b>BODYPUMP Express</b> Fitness Studio <a href="#">Sign Up</a>					10:00AM-10:45AM (Combination) <i>Christina H.</i>		
<b>Cardio Splash</b> Pool <a href="#">Sign Up</a>					10:10AM-11:00AM (Aquatics) <i>Wendy S.</i>		
<b>Gentle Yoga</b> Gym <a href="#">Sign Up</a>					11:00AM-11:55AM (Mind Body) <i>Christina H.</i>		
<b>Fluid Movement</b> Pool <a href="#">Sign Up</a>					11:10AM-12:00PM (Aquatics) <i>Wendy S.</i>		
<b>Low Impact Fitness</b> Gym/Outside <a href="#">Sign Up</a>					12:15PM-1:10PM (Mind Body) <i>Roxanna P.</i>		

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>Pilates</b> Fitness Studio <a href="#">Sign Up</a>					12:15PM-1:00PM (General) <i>Linda C.</i>		
<b>Pickle Ball</b> Gym					1:15PM-3:15PM (General) <i>Staff</i>		
<b>Tai Chi Club - Advanced</b> Fitness Studio <a href="#">Sign Up</a>					1:15PM-2:15PM (Mind Body) <i>Sharon M.</i>		
<b>BODYPUMP</b> Fitness Studio <a href="#">Sign Up</a>					5:00PM-6:00PM (Combination) <i>Kathy B.</i>		
<b>Athletic Conditioning</b> Gym/Outside <a href="#">Sign Up</a>						9:00AM-9:55AM (Combination) <i>Leo G.</i>	
<b>Zumba</b> Fitness Studio <a href="#">Sign Up</a>						9:30AM-10:20AM (Dance) <i>Therese L.</i>	
<b>Vinyasa Yoga</b> Fitness Studio <a href="#">Sign Up</a>						10:30AM-11:30AM (Mind Body) <i>Lindsay F.</i>	
<b>Hip Hop Fitness</b> Fitness Studio <a href="#">Sign Up</a>						11:45AM-12:45PM (Dance) <i>Katie W.</i>	
<b>Yoga Sculpt</b> Fitness Studio <a href="#">Sign Up</a>							12:00PM-1:00PM (Combination) <i>Bill A.</i>
<b>Hydro Burn</b> Pool <a href="#">Sign Up</a>							1:10PM-2:00PM (Aquatics) <i>Roxanna P.</i>
<b>Power Yoga</b> Fitness Studio <a href="#">Sign Up</a>							1:15PM-2:15PM (Mind Body) <i>Bill A.</i>
<b>Slow Flow Yoga</b> Fitness Studio <a href="#">Sign Up</a>							3:00PM-4:00PM (Mind Body) <i>Meredith G.</i>



## Reuter Family YMCA | April 27th - May 3rd

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Cycle</b> Cycle Studio <a href="#">Sign Up</a>					5:45AM-6:30AM (Cardio) <i>Audra G.</i>  9:30AM-10:15AM (General) <i>Kelly H.</i>	9:00AM-9:45AM (General) <i>Suzanne I.</i>	
<b>Vinyasa Yoga</b> Mind Body Studio <a href="#">Sign Up</a>					8:15AM-9:15AM (General) <i>Becca S.</i>		
<b>BODYPUMP</b> Studio A <a href="#">Sign Up</a>					8:15AM-9:15AM (General) <i>Joy M.</i>		
<b>Chair Yoga</b> Mind Body Studio <a href="#">Sign Up</a>					9:30AM-10:30AM (Mind Body) <i>Kathryn L.</i>		4:00PM-5:00PM (Mind Body) <i>Petra S.</i>
<b>Step</b> Studio A <a href="#">Sign Up</a>					9:30AM-10:20AM (Cardio) <i>Curtis P.</i>		
<b>TRX Tabata</b> Functional Fitness Room <a href="#">Sign Up</a>					9:30AM-10:15AM (Combination) <i>Caryl C.</i>		
<b>Zumba</b> Studio A <a href="#">Sign Up</a>					10:30AM-11:20AM (Dance) <i>Rico S.</i>	11:10AM-12:00PM (Dance) <i>Rico S.</i>	
<b>Flex and Stretch</b> Mind Body Studio <a href="#">Sign Up</a>					11:00AM-12:00PM (Mind Body) <i>Petra S.</i>		
<b>Paid Program</b> Functional Fitness Room					12:00PM-1:00PM (General) <i>Staff</i>		
<b>Tai Chi-Arthritis &amp; Balance</b> Mind Body Studio <a href="#">Sign Up</a>					12:45PM-1:45PM (Mind Body) <i>Jon W.</i>		
<b>Athletic Conditioning</b> Functional Fitness Room <a href="#">Sign Up</a>						8:00AM-9:00AM (High Intensity Interval) <i>Bronson C.</i>	

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>Hip Hop Fitness</b> Studio A <a href="#">Sign Up</a>						9:00AM-9:50AM (Dance) <i>Shellie W.</i>	1:00PM-1:50PM (General) <i>Illysa H.</i>
<b>Power Yoga</b> Mind Body Studio <a href="#">Sign Up</a>						9:30AM-10:30AM (Mind Body) <i>Bill A.</i>	
<b>Yoga in the Park</b> Lobby						10:00AM-11:00AM (Mind Body) <i>Erin G.</i>	
<b>BODYPUMP Express</b> Studio A <a href="#">Sign Up</a>						10:05AM-10:55AM (Strength) <i>Peter W.</i>	
<b>TRX</b> Functional Fitness Room <a href="#">Sign Up</a>						11:00AM-11:45AM (Strength) <i>Elijah A.</i>	
<b>Qigong</b> Mind Body Studio <a href="#">Sign Up</a>							11:30AM-12:30PM (Mind Body) <i>Jon W.</i>
<b>BODYPUMP HEAVY</b> Studio A <a href="#">Sign Up</a>							2:00PM-3:00PM (Strength) <i>Illysa H.</i>
<b>Restorative Yoga</b> Mind Body Studio <a href="#">Sign Up</a>							2:30PM-3:45PM (Mind Body) <i>Kathryn L.</i>



## Ferguson Family YMCA | April 27th - May 3rd

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Athletic Conditioning</b> Fitness Studio <a href="#">Sign Up</a>					6:00AM-6:45AM (Combination) <i>Amy T.</i>		
<b>Westridge CrossFit</b> Westridge CrossFit <a href="#">Sign Up</a>					6:00AM-7:00AM (Combination) <i>Kevin H.</i>  7:00AM-8:00AM (Combination) <i>Kevin H.</i>  9:00AM-10:00AM (Combination) <i>Mandy M.</i>  5:30PM-6:30PM (Combination) <i>Elizabeth H.</i>	9:00AM-10:00AM (Combination) <i>Elizabeth H.</i>	
<b>BODYCOMBAT</b> Fitness Studio <a href="#">Sign Up</a>					8:15AM-9:00AM (Combination) <i>Tracy D.</i>		
<b>Cycle</b> Cycle Studio <a href="#">Sign Up</a>					9:15AM-10:15AM (Cardio) <i>Jay G.</i>	8:15AM-9:15AM (Cardio) <i>Christina W.</i>	
<b>Yogalates</b> Multi-Purpose Room <a href="#">Sign Up</a>					9:15AM-10:05AM (Mind Body) <i>Gillian H.</i>		
<b>Gentle Yoga</b> Fitness Studio <a href="#">Sign Up</a>					9:15AM-10:05AM (Mind Body) <i>Sascha F.</i>		
<b>TRX</b> Westridge CrossFit <a href="#">Sign Up</a>					10:15AM-11:00AM (Strength) <i>Gillian H.</i>		
<b>Zumba</b> Fitness Studio <a href="#">Sign Up</a>					10:15AM-11:05AM (Dance) <i>Lena S.</i>		
<b>Tai Chi Club</b> Multi-Purpose Room <a href="#">Sign Up</a>					10:30AM-11:30AM (Mind Body) <i>Tom H.</i>		

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>Open Gym</b> Westridge CrossFit					12:00PM-4:00PM (General) <i>Staff</i>	12:00PM-4:00PM (General) <i>Staff</i>	12:00PM-4:00PM (General) <i>Staff</i>
<b>Ferguson Fit</b> Fitness Studio					1:00PM-2:00PM (Combination) <i>Lynne F.</i>		
<b>BODYPUMP</b> Fitness Studio <a href="#">Sign Up</a>						9:15AM-10:00AM (Strength) <i>Katie K.</i>	10:15AM-11:00AM (Combination) <i>Jack K.</i>
<b>Bouncing Books</b> Multi-Purpose Room <a href="#">Sign Up</a>						11:00AM-12:00PM (Kids) <i>Staff</i>	
<b>Slow Flow Yoga</b> Multi-Purpose Room <a href="#">Sign Up</a>							10:15AM-11:30AM (Mind Body) <i>Tom H.</i>



## Black Mountain YMCA | April 27th - May 3rd

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Cycle Fusion</b> Fitness Studio <a href="#">Sign Up</a>					6:00AM-7:00AM (Combination) <i>Carla M.</i>		
<b>Strength and Balance</b> Fitness Studio <a href="#">Sign Up</a>					7:30AM-8:15AM (Strength) <i>Jeryl S.</i>		
<b>Standing Stretch</b> Studio O <a href="#">Sign Up</a>					8:20AM-8:50AM (Outside) <i>Jeryl S.</i>		
<b>Low Impact Fitness</b> Fitness Studio <a href="#">Sign Up</a>					8:30AM-9:15AM (Combination) <i>Jessica M.</i>		
<b>BODYPUMP</b> Fitness Studio <a href="#">Sign Up</a>					9:45AM-10:45AM (Combination) <i>Peter W.</i>		
<b>Cardio Splash</b> Pool <a href="#">Sign Up</a>					10:00AM-11:00AM (Aquatics) <i>Rochelle B.</i>	11:45AM-12:30PM (Aquatics) <i>Dianna D.</i>	
<b>Step &amp; Pump</b> Fitness Studio <a href="#">Sign Up</a>					11:00AM-12:00PM (Combination) <i>Julie H.</i>		
<b>Sit to be Fit</b> Fitness Studio <a href="#">Sign Up</a>					12:15PM-1:00PM (Combination) <i>Cyndy K.</i>		
<b>Tai Chi</b> Fitness Studio <a href="#">Sign Up</a>					1:30PM-2:25PM (Mind Body) <i>Jay L.</i>		
<b>CANCELED: Cardio Dance</b> Fitness Studio <a href="#">Sign Up</a>					4:30PM-5:15PM (Dance) <i>Christey C.</i>		
<b>Strength Fusion</b> Fitness Studio <a href="#">Sign Up</a>						9:45AM-10:45AM (Strength) <i>Julie H.</i>	
<b>Power Yoga Flow</b> Fitness Studio <a href="#">Sign Up</a>						11:00AM-12:00PM (Mind Body) <i>Becca S.</i>	
<b>Pilates</b> Fitness Studio <a href="#">Sign Up</a>							11:30AM-12:30PM (Mind Body) <i>Raven B.</i>

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>Power Yoga</b> Fitness Studio <a href="#">Sign Up</a>							2:00PM-3:00PM (Mind Body) <i>Ed C.</i>



## Asheville YMCA | April 27th - May 3rd

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>BODYPUMP</b> Studio <a href="#">Sign Up</a>					6:00AM-6:55AM (Strength) <i>Karen J.</i>  10:45AM-11:45AM (Strength) <i>Kristina S.</i>	9:30AM-10:30AM (Strength) <i>Karen J.</i>	1:45PM-2:45PM (Strength) <i>Peter W.</i>

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Racquetball</b> Tall Door Court <a href="#">Sign Up</a>					6:30AM-7:20AM (General) <i>Staff</i>	7:30AM-8:20AM (General) <i>Staff</i>	11:30AM-12:20PM (General) <i>Staff</i>
					7:30AM-8:20AM (General) <i>Staff</i>	8:30AM-9:20AM (General) <i>Staff</i>	12:30PM-1:20PM (General) <i>Staff</i>
					8:30AM-9:20AM (General) <i>Staff</i>	9:30AM-10:20AM (General) <i>Staff</i>	1:30PM-2:20PM (General) <i>Staff</i>
					9:30AM-10:20AM (General) <i>Staff</i>	10:30AM-11:20AM (General) <i>Staff</i>	2:30PM-3:20PM (General) <i>Staff</i>
					10:30AM-11:20AM (General) <i>Staff</i>	11:30AM-12:20PM (General) <i>Staff</i>	3:30PM-4:20PM (General) <i>Staff</i>
					11:30AM-12:20PM (General) <i>Staff</i>	12:30PM-1:20PM (General) <i>Staff</i>	
					12:30PM-1:20PM (General) <i>Staff</i>	1:30PM-2:20PM (General) <i>Staff</i>	
					1:30PM-2:20PM (General) <i>Staff</i>	2:30PM-3:20PM (General) <i>Staff</i>	
					2:30PM-3:20PM (General) <i>Staff</i>	3:30PM-4:20PM (General) <i>Staff</i>	
					3:30PM-4:20PM (General) <i>Staff</i>	4:30PM-5:20PM (General) <i>Staff</i>	
					4:30PM-5:20PM (General) <i>Staff</i>	5:30PM-6:20PM (General) <i>Staff</i>	
					5:30PM-6:20PM (General) <i>Staff</i>		
					6:30PM-7:20PM (General) <i>Staff</i>		

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Racquetball</b> Short Door Court <a href="#">Sign Up</a>					7:00AM-7:50AM (General) <i>Staff</i>  8:00AM-8:50AM (General) <i>Staff</i>  9:00AM-9:50AM (General) <i>Staff</i>  10:00AM-10:50AM (General) <i>Staff</i>  11:00AM-11:50AM (General) <i>Staff</i>  12:00PM-12:50PM (General) <i>Staff</i>  1:00PM-1:50PM (General) <i>Staff</i>  2:00PM-2:50PM (General) <i>Staff</i>  3:00PM-3:50PM (General) <i>Staff</i>  4:00PM-4:50PM (General) <i>Staff</i>  5:00PM-5:50PM (General) <i>Staff</i>  6:00PM-6:50PM (General) <i>Staff</i>	8:00AM-8:50AM (General) <i>Staff</i>  9:00AM-9:50AM (General) <i>Staff</i>  10:00AM-10:50AM (General) <i>Staff</i>  11:00AM-11:50AM (General) <i>Staff</i>  12:00PM-12:50PM (General) <i>Staff</i>  1:00PM-1:50PM (General) <i>Staff</i>  2:00PM-2:50PM (General) <i>Staff</i>  3:00PM-3:50PM (General) <i>Staff</i>  4:00PM-4:50PM (General) <i>Staff</i>  5:00PM-5:50PM (General) <i>Staff</i>	11:10AM-12:00PM (General) <i>Staff</i>  12:10PM-1:00PM (General) <i>Staff</i>  1:10PM-2:00PM (General) <i>Staff</i>  2:10PM-3:00PM (General) <i>Staff</i>  3:10PM-4:00PM (General) <i>Staff</i>
<b>Low Impact Fitness</b> Gym <a href="#">Sign Up</a>					8:30AM-9:30AM (Combination) <i>Karen J.</i>		
<b>Deep Water Fitness</b> South Pool <a href="#">Sign Up</a>					8:30AM-9:20AM (Aquatics) <i>Amy L.</i>		
<b>Athletic Conditioning</b> Studio O <a href="#">Sign Up</a>					8:30AM-9:15AM (Combination) <i>Suzanne I.</i>		

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Cycle</b> Cycle Studio <a href="#">Sign Up</a>					9:00AM-9:45AM (Cardio) <i>Becky U.</i>	9:00AM-9:45AM (Cardio) <i>Aileen S.</i>	
<b>Cardio Splash</b> South Pool <a href="#">Sign Up</a>					9:30AM-10:20AM (Aquatics) <i>Karen C.</i>		
<b>Vinyasa Yoga</b> Studio <a href="#">Sign Up</a>					9:30AM-10:30AM (Mind Body) <i>Jen W.</i>		12:30PM-1:30PM (Mind Body) <i>Hannah G.</i>
<b>Fluid Movement</b> South Pool <a href="#">Sign Up</a>					10:30AM-11:20AM (Aquatics) <i>Karen C.</i>		
<b>Chair Yoga</b> Multi-Purpose Room <a href="#">Sign Up</a>					10:30AM-11:30AM (Mind Body) <i>Becca S.</i>		
<b>All-Stars Basketball (50+)</b> Gym					11:45AM-1:45PM (General) <i>Staff</i>		
<b>TRX</b> Multi-Purpose Room <a href="#">Sign Up</a>					12:00PM-12:45PM (Strength) <i>Shona</i>	8:30AM-9:15AM (Strength) <i>JD D.</i>	
<b>Zumba</b> Studio <a href="#">Sign Up</a>					12:00PM-1:00PM (Dance) <i>Delia R.</i>		
<b>Cycle Express</b> Cycle Studio <a href="#">Sign Up</a>					12:30PM-1:00PM (Cardio) <i>Suzanne I.</i>		
<b>Core Conditioning</b> Studio <a href="#">Sign Up</a>					1:15PM-2:15PM (Strength) <i>Raven B.</i>		
<b>Hydro Burn</b> South Pool <a href="#">Sign Up</a>					2:00PM-3:00PM (Aquatics) <i>Dee A.</i>		
<b>Pickle Ball</b> Gym					2:15PM-4:15PM (General) <i>Staff</i>		
<b>Power Yoga</b> Multi-Purpose Room <a href="#">Sign Up</a>					4:00PM-5:00PM (Mind Body) <i>Becca S.</i>		
<b>BODYBALANCE</b> Studio <a href="#">Sign Up</a>						8:15AM-9:15AM (Mind Body) <i>Karen J.</i>	
<b>Legends Basketball (35+)</b> Gym						9:30AM-1:00PM (General) <i>Staff</i>	

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>PAID PROGRAM Kids Ballet</b> Multi-Purpose Room						9:30AM-10:15AM (Kids) <i>Gracie C.</i>	12:00PM-12:45PM (Kids) <i>Gracie C.</i>
<b>Hip Hop Fitness</b> Studio <a href="#">Sign Up</a>						10:45AM-11:45AM (Dance) <i>Eleanor W.</i>	
<b>Yogalates</b> Studio <a href="#">Sign Up</a>						12:00PM-1:00PM (Mind Body) <i>Raven B.</i>	
<b>BODYPUMP HEAVY</b> Studio <a href="#">Sign Up</a>							9:30AM-10:30AM (Strength) <i>Kristina S.</i>
<b>Family-Friendly Cardio Dance</b> Studio <a href="#">Sign Up</a>							11:15AM-12:00PM (Dance) <i>Katie W.</i>
<b>Gentle Yoga</b> Studio <a href="#">Sign Up</a>							3:45PM-4:45PM (Mind Body) <i>Shonna C.</i>



## Corpening Memorial YMCA | April 27th - May 3rd

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Line Dancing</b> Gym <a href="#">Sign Up</a>					8:00AM-8:45AM (Dance) <i>Michelle H.</i>		
<b>Total Body Training</b> Studio B <a href="#">Sign Up</a>					9:00AM-9:45AM (Strength) <i>Beth P.</i>	10:00AM-10:45AM (Strength) <i>Leslie H.</i>	
<b>Fluid Movement</b> Pool <a href="#">Sign Up</a>					9:30AM-10:30AM (Aquatics) <i>Louise G.</i>		
<b>Tai Chi</b> Studio B <a href="#">Sign Up</a>					10:00AM-11:00AM (Mind Body) <i>David M.</i>		
<b>Strength and Balance</b> Studio A <a href="#">Sign Up</a>					10:00AM-10:45AM (Strength) <i>Beth P.</i>		
<b>Cycle</b> Cycle Studio <a href="#">Sign Up</a>						9:00AM-9:45AM (Cardio) <i>Joyce B.</i>	
<b>Line Dancing</b> Studio B <a href="#">Sign Up</a>						11:00AM-11:45AM (Dance) <i>Michelle H.</i>	
<b>Pilates</b> Studio A <a href="#">Sign Up</a>							2:00PM-3:00PM (Mind Body) <i>Gergana A.</i>



## Woodfin YMCA | April 27th - May 3rd

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Strength Fusion Heavy</b> Studio B <a href="#">Sign Up</a>					8:00AM-8:45AM (Strength) <i>Jennifer B.</i>		
<b>Strength Fusion</b> Studio B <a href="#">Sign Up</a>					9:00AM-9:45AM (Strength) <i>Jennifer B.</i>		9:30AM-10:15AM (Strength) <i>Conny A.</i>  11:30AM-12:15PM (Strength) <i>Conny A.</i>
<b>Zumba</b> Studio B <a href="#">Sign Up</a>					10:00AM-10:45AM (Dance) <i>Eugenia W.</i>	12:15PM-1:00PM (Dance) <i>Lena S.</i>	
<b>Gentle Yoga</b> Studio A <a href="#">Sign Up</a>					10:00AM-11:00AM (Mind Body) <i>Shonna C.</i>		9:45AM-10:45AM (Mind Body) <i>Shonna C.</i>
<b>Pilates</b> Studio A <a href="#">Sign Up</a>					11:15AM-12:15PM (Pilates) <i>Shonna C.</i>		
<b>TRX</b> Studio B <a href="#">Sign Up</a>					11:15AM-12:00PM (Strength) <i>Suzanne I.</i>		
<b>BODYPUMP Express</b> Studio B <a href="#">Sign Up</a>					12:15PM-1:00PM (Strength) <i>Cameron W.</i>		
<b>Cycle</b> Studio B <a href="#">Sign Up</a>						8:00AM-9:00AM (Cardio) <i>Copland R.</i>	10:30AM-11:15AM (Cardio) <i>Copland R.</i>
<b>BODYBALANCE</b> Studio A <a href="#">Sign Up</a>						8:45AM-9:45AM (Mind Body) <i>Kate C.</i>	
<b>BODYPUMP</b> Studio B <a href="#">Sign Up</a>						9:30AM-10:30AM (Strength) <i>Shelley N.</i>  10:45AM-11:45AM (Strength) <i>Kristina S.</i>	
<b>The Groove</b> Studio A <a href="#">Sign Up</a>						10:00AM-10:45AM (Dance) <i>Judy O.</i>	

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>Vinyasa Yoga</b> Studio A <a href="#">Sign Up</a>						11:00AM-12:00PM (Mind Body) <i>Gillian H.</i>	11:00AM-12:00PM (Mind Body) <i>Elspeth G.</i>
<b>Tai Chi</b> Studio B <a href="#">Sign Up</a>						2:00PM-3:00PM (Mind Body) <i>Alejandro S.</i>	
<b>Hip Hop Fitness</b> Studio B <a href="#">Sign Up</a>							12:30PM-1:30PM (Dance) <i>Katie W.</i>