

## OFF-PEAK CLASSES (FALL 2017)

### MONDAY

11:00am	L.I.F.T. (Low Impact Functional Training	Sarah B
12:00pm	Reformer Pure	Susan
4:00pm	Express Strength	Jeremy
4:30pm	Express Cycle	Jeremy
7:00pm	Reformer+	All

### TUESDAY

10:30am	Reformer Pure	Susan
11:30am	Express Trampoline	Sarah B
12:00pm	Express TRX	Sarah B
12:00pm	Jumpboard+	Jamie
4:00pm	Express TRX	Jessi
4:30pm	Express Cycle	Jessi
6:30pm	JG X-Train	Sarah S
6:30pm	Reformer Pure	Angela
7:30pm	Reformer+	Sarah S

### WEDNESDAY

11:00am	L.I.F.T. (Low Impact Functional Training	Sarah B
12:00pm	Reformer+	Susan
4:00pm	Express Strength	Jeremy
4:30pm	Express Cycle	Jeremy
7:00pm	Advanced Reformer	Danielle

### THURSDAY

10:30am	Reformer Pure	Susan
11:30am	Express Trampoline	Sarah B
12:00pm	Express TRX	Sarah B
12:00pm	Jumpboard+	Claudia
4:00pm	Express TRX	Jessi
4:30pm	Express Cycle	Jessi
6:30pm	JG X-Train	Jessi
6:30pm	Reformer+	Angela
7:30pm	Pilates Circuit	Angela

### FRIDAY

11:00am	L.I.F.T. (Low Impact Functional Training	Karla
12:00pm	Reformer+	Susan
6:00pm	Reformer+	Jeremy