

UPDATED FOR **January 2018**



# FIVE POINTS FITNESS

STRENGTH • FLEXIBILITY • NUTRITION • STABILITY • ENDURANCE

## MONDAY

<b>5:35 - 6:35 AM</b>	<b>8:20 - 9:20 AM</b>	<b>9:30 - 10:30 AM</b>	<b>5:00 - 5:55 PM</b>	<b>6:00 - 7:00 PM</b>
FIVE POINTS CYCLE DANIELLE • ALL LEVELS	SWISS BALL: CORE CONDITIONING MICHAEL • LEVEL ONE	YOGA DANIEL • ALL LEVELS	PILATES MAT ROSEMARIE • ALL LEVELS	ZUMBA / ZUMBA TONING MAHA • ALL LEVELS

## TUESDAY

<b>8:20 - 9:20 AM</b>	<b>9:35 - 10:35 AM</b>	<b>5:00 - 6:00 PM</b>	<b>6:20 - 7:20 PM</b>
YOGA SHARLENE • ALL LEVELS	ZUMBA GOLD HEATHER • LOW IMPACT	FIVE POINTS CYCLE MICHELLE • ALL LEVELS	YOGA SHARLENE • ALL LEVELS

## WEDNESDAY

<b>5:35 - 6:35 AM</b>	<b>8:30 - 9:30 AM</b>	<b>9:30 - 10:30 AM</b>	<b>5:00 - 5:55 PM</b>	<b>6:15 - 7:15 PM</b>
FIVE POINTS CYCLE MARK • ALL LEVELS	PILATES MAT ROSE • ALL LEVELS	YOGA MOVE DANIEL • ALL LEVELS	PILATES MAT ROSEMARIE • ALL LEVELS	ZUMBA / ZUMBA TONING MAHA • ALL LEVELS

## THURSDAY

<b>8:30 - 9:30 AM</b>	<b>9:35 - 10:35 AM</b>	<b>5:00 - 6:00 PM</b>
YOGA SHARLENE • ALL LEVELS	CARDIO FUNK JUNI • ALL LEVELS	FIVE POINTS CYCLE DANIELLE • ALL LEVELS

## FRIDAY

<b>5:35 - 6:35 AM</b>	<b>8:30 - 9:30 AM</b>	<b>9:30 - 10:30 AM</b>	<b>3:00 - 4:00 PM</b>
FIVE POINTS CYCLE DANIELLE • ALL LEVELS	PILATES MAT ROSE • ALL LEVELS	YOGA DANIEL • ALL LEVELS	SWISS BALL: CORE CONDITIONING SARAH • LEVEL ONE

## SATURDAY

<b>7:05 - 8:05 AM</b>	<b>8:20 - 9:20 AM</b>	<b>9:30 - 10:30 AM</b>
FIVE POINTS CYCLE BEAU • ALL LEVELS	PŪYŌ FUSION ROSEMARIE • ALL LEVELS	ZUMBA / ZUMBA TONING MAHA • ALL LEVELS

## SUNDAY

<b>10:00 - 11:00 AM</b>
ZUMBA / HULA MOTION NAN • ALL LEVELS

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## GREAT CLASSES FOR 2018!

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**HOURS MONDAY-FRIDAY 5:30 AM - 9:00 PM SATURDAY-SUNDAY 7:00 AM - 7:00 PM**

**PRE-REGISTRATION FOR ALL SPIN CLASSES REQUIRED. REGISTRATION OPENS UP TWO DAYS PRIOR TO CLASS AT MIDNIGHT.**