

# FRANCO'S

**FAMILY  
FUN GUIDE  
2024**

★★★★★  
**VOTED BEST**  
SUMMER CAMP  
DAY SPA  
MED SPA  
SWIM CLUB  
& MORE!

**WHAT'S NEW  
AT FRANCO'S?**

**NORTHSHORE  
PICKLEBALL LEAGUE**

**FRANCO'S STRONG:  
LOSE INCHES & GAIN  
LEAN MUSCLE MASS**

**SPECIAL SUMMER  
MEMBERSHIP PRICING  
GOING ON NOW!**







# FITNESS CALENDAR

- Mar 4** Franco's STRONG Fitness Challenge, Month 1
- Apr 1** Franco's STRONG Fitness Challenge, Month 2
- Apr 20** Les Mills Launch, 8am
- Apr 21** Tour de Franco's, 90-min Calorie Crusher
- Apr 27** Navy Seal Challenge, 8am
- Apr 29** Franco's STRONG Fitness Challenge, Month 3

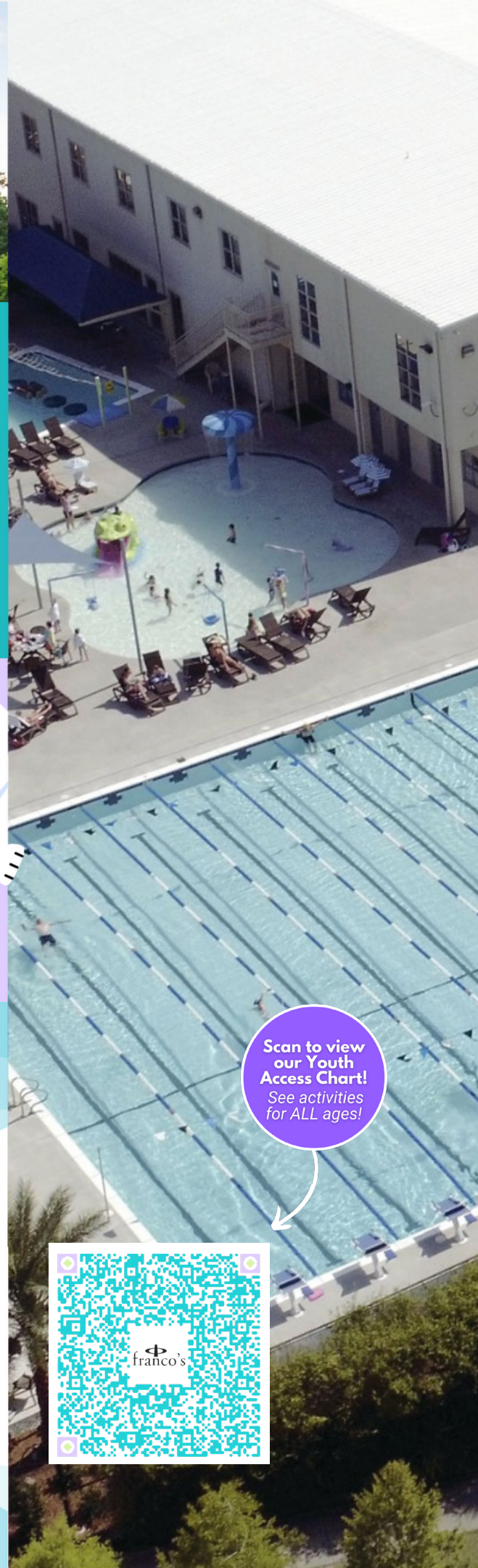
## EASTER FUN

- Mar 23** Easter Pictures, 11am
- Mar 29** Good Friday Kids Camp, 8am-4pm
- Apr 1** Spring/Easter Break Kids Camp, 8am-5:30pm (Mon-Fri)  
Spring/Easter Break Swim Lessons, 10am & 4:45pm (Mon-Thu)  
Waterbabies Swim Lessons, 9:30am (Mon-Thu)
- Apr 4** Babysitting Certification, 9am-1pm (Thu & Fri)

Good Friday Club Hours 4:45am - 6pm | Closed Easter Sunday

## SUMMER HOURS

|                  |   |
|------------------|---|
| Monday -Thursday | 4:45am - 9:00pm   |
| Friday           | 4:45am - 8:00pm <small>(Open 'til 10pm June Only)</small>               |
| Saturday         | 6:00am - 7:00pm   |
| Sunday           | 9:00am - 6:00pm <small>(Open 'til 7pm Memorial Day - Labor Day)</small> |



Scan to view  
our Youth  
Access Chart!  
See activities  
for ALL ages!







# SUMMER KICK-OFF PARTY & POOLSIDE MOVIE

**FRIDAY,  
MAY 24  
7PM - 10PM**

Enjoy Games & Poolside DJ!  
Food & Beverages available at  
Abita Roasting Poolside Café.

*Poolside Movie: MIGRATION*

## DIVE-IN MOVIE SCHEDULE

**FREE FOR MEMBERS!**

*Bring a lawn chair & relax poolside with us!*

**Fridays in June from 7pm-10pm!**

**June 7** (Elemental)

**June 21** (Kids Choice Movie!)

## WATERSLIDE FUN

**OPEN WEEKENDS 12-5PM**

STARTING APRIL 20

**OPEN DAILY 11-6PM**

STARTING MAY 24

### Waterslide Season Passes

**\$10** plus tax  
/ Day Pass

**\$75** plus tax  
/ Single

**\$125** plus tax  
/ Family

Attend the  
Open House March 13  
for Early Bird  
Discount Pricing!

**CALL TODAY! 985.792.0200**



# FRANCO'S



VOTED NORTHSORE'S BEST





SAVE UP  
TO 75% OFF!

FRANCO'S  
**OPEN  
HOUSE**

ALL THINGS FRANCO'S,  
**3-HOURS ONLY, CLUB-WIDE  
FLASH SALE!**

Save BIG on Memberships, Kid's Programs, Spa  
Services, Tennis Clinics, Waterslide Passes,  
Swim Lessons, Apparel & MORE!

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**WEDNESDAY, MARCH 13, 4-7PM**

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ATTEND TO WIN A  
FREE 3 MONTH  
MEMBERSHIP!

MUST BE PRESENT AT EVENT FOR DISCOUNT PRICING. NO EXCEPTIONS!



# Only At Franco's

Walking through the doors of Franco's, you're immediately enveloped in a sense of warmth and positivity because it isn't just a place to work out – it's a community where everyone is welcomed with open arms no matter where they are on their wellness journey.

***"We're in the business of making people feel good."***

There are so many unique elements working together that make Franco's so special. It's a place where family values reign supreme, creating a safe, comfortable, and wholesome environment where individuals can thrive. There's a place for everyone in the Franco's community and diversity and inclusion are our strengths. We're in the business of making people feel good so you will not only find various community gatherings within our walls, but unparalleled needs-specific classes like our Parkinson's Movement, Special Needs classes, and our award-winning Jo Jo's Hope program that serves the special needs community through offering swim lessons, swim team, and more.

What truly sets Franco's apart is its unique and exceptional staff. There are so many talented and caring people who work at Franco's. Two very special people, who are hands down Franco's member favorites, are Melissa Layerle and Brennan Baudot. Their interaction with members is not only heartwarming but their presence at Franco's adds so much joy for everyone.

Tracy Smith, our GroupX Director at 61, continues to inspire with her infectious personality and dynamic classes. She packs the house every time and keeps members coming back for more. She is an inspiration along with her elite team of instructors, whose classes are undoubtedly the best on the Northshore and free with membership!



Ron & Sandy Franco

Our Aquatics Director, Robby Fritscher, is leading Franco's in breaking national records and securing scholarships for high school swimmers, showcasing our commitment to greatness in every aspect of fitness.

But perhaps the most remarkable thing about Franco's is its local ownership. After 36 years in business, Ron and Sandy Franco can still be found working hard to make Franco's one of the best clubs in the country, staying true to their motto: "Never Standing Still, Always Moving Forward."

***"Franco's isn't just a gym – it's a place where wellness thrives, friendships flourish, and goals are achieved in a welcoming community atmosphere."***

Franco's isn't just a gym – it's a place where wellness thrives, friendships flourish, and goals are achieved in a welcoming community atmosphere." Over the years, they have watched generations of families create lasting memories. Children who have enjoyed summers at Franco's have become employees with some graduating to full time positions, while others have moved away only to move back and bring their own children to Franco's to experience the summers of a lifetime they knew and loved as kids. With its positive energy, exceptional staff, and unwavering commitment to excellence, it's no wonder Franco's stands out as a beacon of fitness and well-being in the community.



# WHAT'S *NEW* AT FRANCO'S



## **Kris Keith, Chief Operating Officer**

We are pleased to introduce our new COO, Kris Keith. Kris comes to us with 20 years of health and fitness industry experience from personal training, operations and even ownership. Coming with Kris are his wife Sarah and their children Dane, Kennon, Myles and Quinn. The Keith family is looking forward to weaving themselves into the fabric of the community both inside Franco's and out. You can find Kris in the club most days of the week so, don't hesitate to say hello!



## **Robert Herrera, Director of Racquet Sports**

Robert was born and raised in Barcelona, Spain and recently relocated to Mandeville where he and his wife, Haley, welcomed their first child in July 2023. Tennis has encompassed his life since the age of two. Robert played on the ITF and ATP Tour and throughout his early tennis career was mentored by a plethora of former Top 10 players in the world such as Manuel Orantes and Albert Costa. Being a PTR and USPTA Certified Professional in Tennis, Pickleball and Platform Tennis, Robert loves to work with players of all ages and capabilities and can assist you in taking your game to the next level and gain a greater confidence in racquet sports.



## **Tiffany Herting, Chief Financial Officer**

We are delighted to announce Tiffany Herting as our new CFO. Her career at Franco's began nearly 18 years ago with what she thought would be a fun summer job as a camp counselor. As Tiffany blossomed, so did her role with Franco's, transitioning into the childcare center, tennis desk, front desk, and business office before earning a promotion to a management role in Finance. Now, she proudly serves our Franco's Family in an expanded capacity with the same warm and friendly smile as when she first arrived in May 2006. With a wealth of experience in financial management and a proven track record of success, Tiffany is set to play a pivotal role in steering Franco's Health Club & Spa towards continued financial excellence.

**COMING SOON TO  
THE NORTHSORE...**



**For More Information Call Kris Keith 985.792.0237**



# SUMMER CAMP



SCAN FOR  
MORE DETAILS &  
PRICING!



**ENROLL NOW! LIMITED NUMBER OF SPOTS AVAILABLE!**





AMP



# VOTED BEST



**Monday – Friday 8:30am – 3:30pm**

Before Care 7:30am – 8:30am

After Care 3:30pm – 5:30pm

|                 |  |
|-----------------|--|
| May 27 – 31     | Saints Experience                                |
| June 3 - 7      | Human Hamster Ball Races & Velcro Wall Challenge |
| June 10 – 14    | Mechanical Bull Rodeo                            |
| June 17 – 21    | Color Run  |
| June 24 – 28    | Aerial Silks & Ninja Warrior Course              |
| July 1 - 5      | Glow Crazy Party                                 |
| July 8– 12      | Homemade Boat Races                              |
| July 15 - 19    | Carnival Rides                                   |
| July 22- 26     | Olympic Games                                    |
| July 29 – Aug 2 | Talent & Fashion Show                            |
| August 5 - 9    | Foam Party                                       |

**EMAIL [DSUDURAN@MYFRANCOS.COM](mailto:DSUDURAN@MYFRANCOS.COM) OR CALL 985.792.0221**



FRANCO'S  
YOUTH

Swim





## WATERBABIES

**Small Group Swim Lessons for Kids Under 3 Years Old!**

Waterbabies is the first step of our swim lessons program. This class helps babies and toddlers become accustomed to the water with their parent!

### Pre-Summer Lessons

May 6 - 9  
May 20 - 23  
9:30am

### Summer Lessons

May 27 - 30  
June 10 - 13  
June 24 - 27  
July 8 - 11  
July 22 - 25  
9:30am and 6:30pm

\$80 Members / \$97.50 Guests

One-week, 30-minute sessions,  
Monday - Thursday. Rain make up  
day is Friday.

## SWIM LESSONS

**Small Group Swim Lessons for Ages 3 and up!**

All levels are welcomed and progress through five levels: Ducks, Penguins, Frogs, Seals and Dolphins. They learn water safety and become more efficient in swimming while learning the various strokes. Children are evaluated on the first lesson and placed into their proper level, which is determined by a combination of age and ability. Our lessons are 1:4 ratio giving each child the best learning experience.

### Pre-Summer Lessons

April 29-May 9 & May 13 - 23  
10am

### Summer Lessons

May 27 - June 6  
June 10 - 20  
\*June 24 - July 3  
July 8 - 18  
July 22 - August 1  
10am, 10:45am, 5pm, 5:45pm

*\*The June 24th session will run Mon-Fri,  
June 24 - 28 and the next week July 1 - 3  
(no lesson Thu, July 4)*

### Post-Summer Lessons

August 5 - 15  
10am & 5:45pm

\$160 Members / \$195 Guests

Two-week, 40-minute sessions,  
Monday - Thursday. Rain make up  
day is Friday.

## FLIPPERS SWIM CLINIC

**Prepare your child to join our award-winning FINS Swim Team!**

Experience Franco's proven and highly successful learning progression. This program is focused on **TECHNIQUE** then builds on **ENDURANCE** and **SPEED**. Your child will be ready to join the year-round FINS Swim Team or this year's Schooner's Summer Swim Team that starts shortly after the Flippers Swim Clinic ends!

### Spring Clinic

8 Weeks (16 Sessions)

March 19 - May 9  
Tuesday & Thursday  
5:30pm - 6:30pm

Members \$170 / Guests \$205

*\*Prerequisites: Ages 5 and up. Must be able to swim the length of the pool (25 yards).*

## SCHOONERS SUMMER SWIM TEAM

**Join our Summer Swim Team!**

Schooners is a recreational Summer swim team designed for diverse abilities and motivational levels to give each individual a unique swimming experience.

9 Week Summer Swim Team  
May 13 - July 10

6pm starting May 13  
Adding 8:30am practice May 28  
Monday - Thursday

For ages 6 - 18. Price includes meet fees, end of season party fees and swim cap. Team suit, shirt, and team picture are *not* included, but can be purchased separately.

## FINS SWIM TEAM

Franco's FINS, award-winning, year-round United States Swimming (USS) team is for ages 5 - 18. The FINS' Mission is to create an environment that offers support, program structure, and encouragement, allowing each athlete the opportunity to attain his or her maximum potential in competitive swimming.



**VOTED**

**NORTHSHORE'S  
BEST  
SWIM  
PROGRAM**

*Private & Semi-Private  
Swim Lessons for  
Children & Adults  
Available Year-Round!*



CALL 985.792.0205 OR EMAIL [PROGRAMREGISTRATION@MYFRANCOS.COM](mailto:PROGRAMREGISTRATION@MYFRANCOS.COM)



FRANCO'S  
YOUTH

# Tennis





**Private & Semi-Private Tennis  
Lessons for children & adults  
available year-round!**

Players learn proper grips, footwork, strokes, volleys, and serves during a series of drills designed to teach skills in a fun and dynamic way! In addition to developing a love of tennis, our players will learn the rules and etiquette that make tennis such an exciting game to play.

## MINI PLAYERS

**Ages 4-6**

### After-School Clinics

Now - May 23  
Tuesday & Thursday  
5:30pm - 6:30pm

Members: \$20/Day  
Guests: \$30/Day

☀️ **Summer Clinics**  
May 28 - August 1  
Tuesday & Thursday  
3:30pm - 4:30pm

Weekly Fees (Members):  
\$25 for 1 Day  
\$40 for Both Days

Weekly Fees (Guests):  
\$35 for 1 Day  
\$50 for Both Days

## 60-FT BALLERS

**Ages 7-10**

### After-School Clinics

Now - May 23  
Monday & Wednesday  
5:30pm - 7:00pm

Members: \$30/Day  
Guests: \$40/Day

☀️ **Summer Clinics**  
May 28 - August 1  
Tuesday & Thursday  
4:30pm - 6:00pm

Weekly Fees (Members):  
\$35 for 1 Day  
\$60 for Both Days

Weekly Fees (Guests):  
\$45 for 1 Day  
\$70 for Both Days

## TRANSFORMERS

**Ages 11-18**

**Jr. High / High School Rec**

### After-School Clinics

Now - May 23  
Monday & Wednesday  
4:00pm - 5:30pm

Members: \$30/Day  
Guests: \$40/Day

☀️ **Summer Clinics**  
May 28 - August 1  
Monday & Wednesday  
4:30pm - 6:00pm

Weekly Fees (Members):  
\$35 for 1 Day  
\$60 for Both Days

Weekly Fees (Guests):  
\$45 for 1 Day  
\$70 for Both Days

## NEXT GEN

### Competitive with Director Approval

*Next-Gen is a program for the experienced tournament players.*

### After-School Clinics

Now - May 23  
Tuesday & Thursday  
4:00pm - 5:30pm

Members: \$30/Day  
Guests: \$40/Day

☀️ **Summer Clinics**  
May 28 - August 1  
Monday - Thursday  
2:00pm - 3:30pm

Weekly Fees (Members):  
Daily Fee: \$35  
All 4 Days: \$120

Weekly Fees (Guests):  
Daily Fee: \$45  
All 4 Days: \$140



*For the Adults*

Flip to page 18 to learn  
about our Adult Tennis  
& Pickleball Clinics!



CALL 985.792.0205 OR EMAIL [PROGRAMREGISTRATION@MYFRANCOS.COM](mailto:PROGRAMREGISTRATION@MYFRANCOS.COM)



*"Franco's Mother's Day Out has been a lifesaver! So thankful we have this option to provide great care at a great cost!"*

*- Kim S.*

ONLY  
**\$350**  
/month

# MOTHER'S DAY Out

Monday, Wednesday & Friday | 9am - 1pm  
Tuesday & Thursday | 9am - 3pm

Call 985.792.0221

## JUNIOR FITNESS INSTRUCTION

Equipment & weight room safety training course for ages 8-13!

Call 985.792.0206

**GAIN ACCESS TO  
THE WEIGHT &  
CARDIO ROOMS!**







FRANCO'S

# BIRTHDAY PARTIES!

JUMP, BOUNCE, SLIDE AND PLAY ON YOUR SPECIAL DAY!



- WATERSLIDES -



- TODDLERS -



- INFLATABLES -



- MERMAIDS -

Choose from a variety of party themes available at FRANCO'S!  
Let us customize and host the perfect party for your child!  
All parties include pizza, drinks, and paper products.

**BOOK YOUR CHILD'S PARTY TODAY!**

CALL 985.792.0221 OR EMAIL [YOUTHDEPARTMENTS@MYFRANCOS.COM](mailto:YOUTHDEPARTMENTS@MYFRANCOS.COM)



# FRANCO'S



# Fitness



Next-Gen Lose Dat

## EVERYTHING YOU WANT IN A PROGRAM & MORE!

- ✔ Fit Your Budget! The Longer The Commitment, The Lower The Price!
- ✔ Scoring Based On % of FAT Lost Plus % Of Lean Muscle Gained
- ✔ Stay Engaged ALL YEAR LONG With Continued Weigh-ins, Accountability & Earn Strong Points (Ticket Entries to Mega Cash Drawing This Fall)
- ✔ Challenge Leaderboards - Top Male & Female Win Cash Monthly
- ✔ Discounts On Tennis Clinics, Pilates, Zone30 & Events!
- ✔ Choose Your Own Trainer & Workout Schedule
- ✔ Train With A Team For Best Accountability, Motivation, & Results

**BURN FAT • GAIN LEAN MUSCLE • BUILD ENDURANCE • GAIN CONFIDENCE**



# STRONG

## Challenge



**MARCH 4 - MAY 24**



### STRONG

#### 1 Month Challenge

Weigh-ins every 2 weeks  
Leaderboard & Cash Prizes

Add Group Training for \$274/mo

Add Zone30 Training for \$39

**Entry Fee: \$99**



### STRONGER

#### 2 Month Challenge

Weigh-ins every 2 weeks  
Monthly Leaderboard & Cash Prizes

Add Group Training for \$260/mo

Add Zone30 Training for \$35/mo

**Entry Fee: \$75/mo**



**BEST VALUE  
& BEST  
RESULTS!**

### STRONGEST

#### 3 Month Challenge

Weigh-ins every 2 weeks  
Monthly Leaderboard & Cash Prizes

Add Group Training for \$250/mo

Add Zone30 Training for \$29/mo

**Entry Fee: \$50/mo**

## START TRAINING THIS SPRING.

March 4-29  
April 1-26  
April 29- May 24

**TRAIN WITH A GROUP OR ON YOUR OWN!**

Scan to view  
Teams &  
Schedules



**CALL 985.792.0205**



# FRANCO'S PICKLEBALL

## NOW OPEN!

6 NEW  
COURTS!

**NORTHSHORE  
PICKLEBALL LEAGUE**

SPRING

**SOLD OUT**

Fall Registration Now Open!  
Call 985.792.0260

### PICKLEBALL CLINICS

*Work on specific aspects of the game each week including strategy, scoring and play time. All Pickleball clinics are coed.*

Call for pricing & availability.

#### Beginner Pickleball Clinic

Monday & Thursday  
11:00am - 12:30pm

#### Int/Adv Pickleball Clinic

Thursday  
11:00am - 12:30pm

#### All Levels Pickleball Clinic

Thursday  
6:30pm - 8:00pm

#### Open Play

*Meet new people & play Pickleball!*

Tuesday  
3:00pm-9:00pm  
Saturday  
3:00pm-7:00pm



# ADULT SPORTS CLINICS

## COED TENNIS

### Cardio Tennis

*Elevate your heart rate with this heart-pumping, feet moving cardio based tennis class. Drills and fun games to music will keep you moving for the entire hour!*

**Monday**  
8am - 9am

**Wednesday**  
7am - 8am

**Saturday**  
8am - 9am

Members: \$20 / Guests: \$30

### Beginner Tennis Clinic

*New to tennis? Meet new people and learn the fundamentals of the game to become the strongest player you can be.*

**Tuesday**  
10:30am - 11:30am

**Friday**  
10:30am - 12:00pm

**Saturday**  
10:30am - 12:00pm

Members: \$20/60min, \$30/90min  
Guests: \$30/60min, \$40/90min

### Int/Adv Tennis Clinic

*Players with match experience? This is your weekend clinic! Real match situations with intensive coaching.*

**Tuesday, Friday, Saturday**  
9:00am - 10:30am

Members: \$30 / Guests: \$40

## MEN'S TENNIS (BIG HITTERS)

*Evening men's clinic designed to improve your tennis skills, including strategy, stroke production, and match play.*

Open to all levels.

**Tuesday**  
6:30pm - 8:00pm

Members: \$30 / Guests: \$40

## LADIES TENNIS

*Receive on-court instruction that will prepare you and your partner for league matches. This will give you the opportunity to practice with a new partner.*

**Ladies 3.0 / B Team Practice**  
Wednesday  
9:00am - 10:30am

**Ladies 3.5+ / A Team Practice**  
Thursday  
9:00am - 10:30am

Members: \$30/ Guests: \$40

## FITSWIM

*FINS FitSwim is a year-round, organized and coached swim clinic for adults 19+.*

**Monday - Friday**  
5:30am - 6:30am

**Tuesday & Thursday**  
6:00pm - 7:00pm (School Year)  
5:00pm - 6:00pm (Summer)

**Saturday**  
7:00am - 8:00am

Members Only, \$40/month for Unlimited Classes

SAVE WITH OUR  
CLASS PACKAGES!

8 pack 60-min  
(Save \$24)

8 pack 90-min  
(Save \$40)



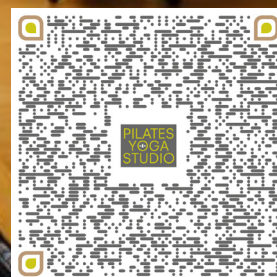
CALL 985.792.0205 OR EMAIL [PROGRAMREGISTRATION@MYFRANCOS.COM](mailto:PROGRAMREGISTRATION@MYFRANCOS.COM)



## NEW Pilates Schedule!

Try new class times & the  
**NEW** Intro to Reformer Class!

Private &  
Small Group  
Classes!



Scan for Pricing  
& Class Schedule!

*hello*  
**SUMMER**



**lifestyle boutique**  
at Franco's

Use code **SUMMER** at  
checkout for 20% OFF!

\*Limited Time Offer. 1 Per Customer. 1 Item Only. Exclusions Apply. Offer Expires 4/30/2024\*

*Get Your  
Glow On!*

WITH A FRANCO'S  
SPRAY TAN!

**TAKE \$10 OFF YOUR FIRST SPRAY TAN  
WITH CODE GETGLOWING**

\*Limited Time Offer. 1 Per Customer. Exclusions Apply. Offer Expires 4/30/2024\*



# FRANCO'S<sup>GX</sup>

**ALL CLASSES INCLUDED WITH MEMBERSHIP**

## MONDAY

|         |  |
|---------|--|
| 5:15am  | <b>BODYCOMBAT™</b><br>Studio 1, 50min        |
| 7:30am  | <b>BODYCOMBAT™</b><br>Studio 1, 50min        |
| 7:30am  | <b>Gentle Yoga</b><br>Mind/Body Studio       |
| 8:30am  | <b>Power Circuit</b><br>Studio 1             |
| 8:30am  | <b>Aqua Fitness</b><br>6-Lane Pool           |
| 9:30am  | <b>HIIT Cycle</b><br>Cycle Studio, 30min     |
| 9:30am  | <b>Chisel</b><br>Mind/Body Studio            |
| 9:35am  | <b>BODYPUMP™</b><br>Studio 1                 |
| 11:00am | <b>SilverSneakers</b><br>Studio 1            |
| 11:00am | <b>Pilates Mat</b><br>Mind/Body Studio       |
| 5:00pm  | <b>BODYPUMP™</b><br>Studio 1                 |
| 5:30pm  | <b>Studio Cycling</b><br>Cycle Studio, 30min |
| 6:30pm  | <b>BODYCOMBAT™</b><br>Studio 1               |

## TUESDAY

|         |   |
|---------|---|
| 5:15am  | <b>Studio Cycling</b><br>Cycle Studio     |
| 5:30am  | <b>BODYPUMP™</b><br>Studio 1              |
| 6:30am  | <b>SPRINT™</b><br>Cycle Studio, 30min     |
| 7:30am  | <b>Zumba®</b><br>Studio 1                 |
| 8:00am  | <b>Yoga Stretch</b><br>Mind/Body Studio   |
| 8:30am  | <b>Total Body HIIT</b><br>Studio 1        |
| 8:30am  | <b>Aqua Fitness</b><br>6-Lane Pool        |
| 9:00am  | <b>Studio Cycling</b><br>Cycle Studio     |
| 9:30am  | <b>Barre</b><br>Mind/Body Studio          |
| 9:30am  | <b>Blast &amp; Burn</b><br>Studio 1       |
| 10:15am | <b>CORE™</b><br>MFT Studio, 30min         |
| 11:00am | <b>Tai Chi</b><br>Mind/Body Studio        |
| 11:00am | <b>Yoga Sculpt</b><br>Studio 1            |
| 12:05pm | <b>BODYPUMP™</b><br>Studio 1              |
| 4:30pm  | <b>Step Xpress</b><br>Studio 1            |
| 5:00pm  | <b>Butt &amp; Gut</b><br>Studio 1, 30 min |
| 5:30pm  | <b>Total Body HIIT</b><br>Studio 1, 30min |
| 5:30pm  | <b>Yoga</b><br>Mind/Body Studio           |
| 6:00pm  | <b>SPRINT™</b><br>Cycle Studio, 30min     |

## WEDNESDAY

|         |  |
|---------|--|
| 5:15am  | <b>BODYCOMBAT™</b><br>Studio 1                 |
| 8:30am  | <b>Yoga Stretch</b><br>Mind/Body Studio        |
| 8:30am  | <b>Sculpt</b><br>Studio 1                      |
| 8:30am  | <b>Aqua Fitness</b><br>6-Lane Pool             |
| 9:30am  | <b>HIIT Cycle</b><br>Cycle Studio, 30min       |
| 9:35am  | <b>BODYCOMBAT™</b><br>Studio 1                 |
| 10:00am | <b>Strength &amp; Core</b><br>Mind/Body Studio |
| 11:00am | <b>SilverSneakers®</b><br>Studio 1             |
| 11:15am | <b>Yoga</b><br>Mind/Body Studio                |
| 5:00pm  | <b>BODYPUMP™</b><br>Studio 1                   |
| 5:45pm  | <b>Yoga</b><br>Mind/Body Studio                |
| 6:30pm  | <b>BODYCOMBAT™</b><br>Studio 1                 |

## FRIDAY

|         |                                       |
|---------|---------------------------------------|
| 5:30am  | <b>SPRINT™</b><br>Cycle Studio, 30min |
| 7:30am  | <b>BODYCOMBAT™</b><br>Studio 1        |
| 7:30am  | <b>Yoga</b><br>Mind/Body Studio       |
| 8:30am  | <b>Zumba®</b><br>Studio 1             |
| 8:30am  | <b>Aqua Fitness</b><br>6-Lane Pool    |
| 9:00am  | <b>"MisFit" Cycle</b><br>Cycle Studio |
| 9:30am  | <b>Chisel</b><br>Mind/Body Studio     |
| 9:35am  | <b>BODYPUMP™</b><br>Studio 1          |
| 11:00am | <b>SilverSneakers®</b><br>Studio 1    |

## THURSDAY

|         |   |
|---------|---|
| 5:00am  | <b>Studio Cycling</b><br>Cycle Studio         |
| 5:30am  | <b>BODYPUMP™</b><br>Studio 1                  |
| 6:30am  | <b>SPRINT™</b><br>Cycle Studio, 30min         |
| 8:15am  | <b>Step Xpress</b><br>Studio 1, 30min         |
| 8:30am  | <b>Aqua Fitness</b><br>6-Lane Pool            |
| 8:30am  | <b>Yoga Stretch</b><br>Mind/Body Studio       |
| 9:00am  | <b>Cuts &amp; Curves</b><br>Studio 1, 30min   |
| 9:00am  | <b>Studio Cycling</b><br>Cycle Studio         |
| 9:30am  | <b>Barre</b><br>Mind/Body Studio              |
| 9:30am  | <b>Total Body Condtnng</b><br>Studio 1        |
| 10:15am | <b>CORE™</b><br>MFT Studio, 30min             |
| 11:00am | <b>Chair Yoga</b><br>Studio 1                 |
| 11:00am | <b>Cardio Dance Blast</b><br>Mind/Body Studio |
| 1:00pm  | <b>Parkinson's Movmnt</b><br>Class Studio 1   |
| 4:30pm  | <b>Core + More</b><br>Mind/Body Studio        |
| 5:30pm  | <b>Yoga</b><br>Mind/Body Studio               |
| 6:00pm  | <b>SPRINT™</b><br>Cycle Studio, 30min         |

## SATURDAY

|         |  |
|---------|--|
| 8:00am  | <b>Boot Camp</b><br>Studio 1, 45min          |
| 8:15am  | <b>Yoga - Power Flow</b><br>Mind/Body Studio |
| 8:15am  | <b>SPRINT™</b><br>Cycle Studio, 30min        |
| 9:00am  | <b>Studio Cycling</b><br>Cycle Studio        |
| 9:00am  | <b>BODYPUMP™</b><br>Studio 1                 |
| 10:05am | <b>BODYCOMBAT™</b><br>Studio 1               |
| 10:15am | <b>Pilates Mat</b><br>Mind/Body Studio       |

## SUNDAY

|         |   |
|---------|---|
| 9:05am  | <b>BODYCOMBAT™</b><br>Studio 1          |
| 9:30am  | <b>Studio Cycling</b><br>Cycling Studio |
| 10:15am | <b>BODYPUMP™</b><br>Studio 1            |



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