

GROUP FITNESS CLASSES

SUN	MON	TUE	WED	THU	FRI	SAT
<p>8:00 AM TAI CHI INTERMEDIATE <i>with Laurence Kleinman</i></p> <p>9:00 AM SPIN <i>with Ketsy Santiago</i></p> <p>9:00 AM TAI CHI BEGINNER <i>with Laurence Kleinman</i></p> <p>10:00 AM KETTLEBELLS <i>with Ketsy Santiago</i></p> <p>11:30 AM AQUA FIT <i>with Laura Defendini</i></p>	<p>8:00 AM CORE CONDITIONING <i>with Guru Singh</i></p> <p>5:30 PM EXTREME DEFINITION: STRENGTH <i>with Ketsy Santiago</i></p> <p>6:30 PM SPIN <i>with Ketsy Santiago</i></p> <p>7:00 PM ZUMBA SENTAO <i>with Ylca Ramirez</i></p> <p>7:45 PM PILATES BARRE FUSION <i>with Ylca Ramirez</i></p>	<p>8:00 AM HATHA YOGA <i>with Paula Saddler</i></p> <p>10:00 AM SILVER: DANCE FIT <i>with Ylca Ramirez</i></p> <p>11:00 AM SILVER: FUNCTIONAL FITNESS <i>with Ylca Ramirez</i></p> <p>5:30 PM KICKBOXING <i>with Ketsy Santiago</i></p> <p>6:30 PM BODY BAR <i>with Ketsy Santiago</i></p> <p>6:30 PM AQUA FIT <i>with Laura Defendini</i></p> <p>6:45 PM ZUMBA TONING <i>with Ylca Ramirez</i></p> <p>7:30 PM LIV DEFINITION <i>with Ylca Ramirez</i></p>	<p>6:30 AM SPIN <i>with Ketsy Santiago</i></p> <p>8:00 AM FUNCTIONAL YOGA <i>with Laura Defendini</i></p> <p>6:00 PM SPIN + CORE CONDITIONING <i>with Ketsy Santiago</i></p> <p>6:30 PM TOTAL BODY CONDITIONING: STABILITY BALL <i>with Ylca Ramirez</i></p> <p>7:15 PM RELEASE + RELAX <i>with Ylca Ramirez</i></p>	<p>8:00 AM HATHA YOGA <i>with Paula Saddler</i></p> <p>10:00 AM SILVER: DANCE FIT <i>with Ylca Ramirez</i></p> <p>11:00 AM SILVER: SCULPT + STRETCH <i>with Ylca Ramirez</i></p> <p>12:30 PM POWER DEFINITION <i>with Anthony Brock</i></p> <p>1:20 PM RELEASE + RELAX <i>with Anthony Brock</i></p> <p>6:00 PM PLYOFIT BOUNCE <i>with Ketsy Santiago</i></p> <p>6:30 PM AQUA FIT <i>with Laura Defendini</i></p>	<p>6:30 AM SPIN + CORE CONDITIONING <i>with Ketsy Santiago</i></p> <p>10:00 AM SILVER: FUNCTIONAL FITNESS <i>with Ylca Ramirez</i></p> <p>11:00 AM SILVER: CHAIR YOGA <i>with Ylca Ramirez</i></p>	<p>9:00 AM POWER DEFINITION <i>with Warren Sinclair</i></p> <p>11:00 AM ZUMBA <i>with Ylca Ramirez</i></p> <p>11:30 AM AQUAFIT <i>with Janette Sanchez</i></p>

