














BOUNCE ATHLETIC CLUB HOURS		KIDS CLUB HOURS	
MONDAY – THURSDAY	5:00 a.m. – 10:00 p.m.	MONDAY – FRIDAY (AM)	8:00 a.m. – 1:00 p.m.
FRIDAY	5:00 a.m. – 9:00 p.m.	MONDAY – FRIDAY (PM)	4:00 p.m. – 8:00 p.m.
SATURDAY	8:00 a.m. – 4:00p.m.	SATURDAY	8:00 a.m. – 1:00p.m.
SUNDAY	9:00 a.m. – 4:00p.m	SUNDAY	CLOSED

Group Fitness Schedule	Time	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	5:45		Iron Body <i>Greg</i>		Boot Camp <i>Greg</i>		
	7:25	 <i>Patricia</i>		 <i>Patricia</i>		 <i>Patricia</i>	
	8:25	Iron Body <i>Sheree</i>	 <i>Sarah</i>	Turbo Kick <i>Jennifer G.</i>	Core & More <i>Jennifer G.</i>	Circuit Unlimited <i>Sheree</i>	 **9:00** <i>Sarah</i>
	9:35	Step <i>Lisa</i>	Butts & Guts <i>Patricia</i>	Iron Body <i>Patricia</i>	Boot Camp <i>Sarah</i>	30 Kick - 30 Pilates <i>Patricia</i>	Iron Body **10:00** <i>Cindy</i>
	10:40	Body Sculpt <i>Aria</i>	Yoga Challenge <i>Elena</i>	 <i>Patricia</i>	 <i>Nancy</i>	Yoga Challenge <i>Elena</i>	
	11:45	 M.S.R.O.M. <i>Jan</i>		 M.S.R.O.M.		 Cardio Circuit	
	4:30	Iron Body <i>Lisa</i>	Kickboxing <i>Lisa</i>	Body Sculpt <i>Sheree</i>	Core & More <i>Jennifer G.</i>		
	5:00						
	5:30	Step <i>Lisa</i>		 <i>Sarah</i>	Boot Camp <i>Patricia</i>		
6:00							
6:30	 <i>Kristy</i>	Iron Body <i>Aria</i>	 <i>Deb</i>	Iron Body (Express) <i>Patricia</i>			

Spin Class Schedule	Time	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	8:25		Spin <i>Jennifer G.</i>				
	9:00						Spin <i>Sheree / Cassie</i>
	9:35	Spin (Express) <i>Sheree</i>			Spin (Express) <i>Sheree / Cindy</i>		
	4:30					Turn & Burn <i>Sheree</i>	
	5:30	Spin (Express) <i>Cindy</i>	Turn & Burn <i>Sheree</i>	Spin <i>Cindy</i>			
	6:00				Spin (Express) <i>Amy</i>		
6:30							

Fit Kids	Time	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	5:30		Kids Hip Hop Ages 7 & Up 45 minutes				Fit Kids <i>Chuck</i>

\*\*\*Express classes are 45 minutes long\*\*\*