**Updated on September 23, 2024**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| 6:00AM-6:45AM  SUNRISE FIT  STERLING (gym) |  | 6:00AM-6:45AM  SUNRISE FIT  STERLING (gym) |  | 6:00AM-6:45AM  SUNRISE FIT  STERLING (gym) |  |  |
| 7:00AM-8:00AM  SUNRISE YOGA  CHI (activity) |  | 7:00AM-8:00AM  SUNRISE YOGA  CHI (activity) |  | 7:00AM-8:00AM SUNRISE YOGA  CHI (activity) | 8:15AM-8:55AM  TRAP SPIN  LAWANNA (activity) |  |
|  |  |  |  |  |  |  |
| 9:00AM-9:55AM  HIIT  STERLING (gym) | 9:30AM-10:00AM  BEGINNER TAI CHI  SHIRLY (activity) | 9:15AM-9:55AM  TRAP SPIN  LAWANNA (activity) | 9:30AM-10:00AM  BEGINNER TAI CHI  SHIRLY (activity) | 9:00AM-9:55AM  HIIT  STERLING (gym) | 9:15AM-9:55AM  MOBILITY AND FLEXIBILITY  EARNEST (gym) |  |
| 10:00AM-10:45AM  SENIOR DANCE FIT  ALJAY (gym) | 10:00AM-11:00AM  ADVANCED TAI CHI  SHIRLEY (activity) | 10:00AM-10:45AM  SENIOR DANCE FIT  ALJAY (gym) | 10:00AM-11:00AM  ADVANCED TAI CHI  SHIRLEY (activity) |  |  |  |
| 11:00AM-11:55AM  SENIOR WEIGHTS  LINDA (gym) | 11:00AM-11:55AM  FITNESS MASH-UP  JOAN (activity) | 11:00AM-11:55AM  SENIOR WEIGHTS  LINDA (gym) | 11:00AM-11:55AM  FTNESS MASH-UP  JOAN (activity) | 11:00AM-11:55AM  SENIOR WEIGHTS  LINDA (gym) |  |  |
|  |  |  |  |  |  | 2:00PM-3:00PM  RHYTHYM AND FLOW  YOGA COFFEY (activity) |
| 5:00PM-5:45PM SPIN  Aljay (gym) | 5:15PM-6:00PM  TOTAL BODYFIT STERLING (gym) | 5:00PM-6:00PM BOOTCAMP STERLING (gym) | 5:15PM-6:00PM TOTAL BODYFIT  STERLING (gym) |  |  |  |
| 5:00PM-5:55 PM  BEGINNER YOGA  LINDA (activity) | 6:00-6:45 PM  PILATES  ERNEST (activity) | 5:00PM-5:55 PM  BEGINNER YOGA  LINDA (activity) | 6:00-6:45 PM  PILATES  ERNEST (activity) | 5:00PM-5:55 PM  BEGINNER YOGA  LINDA (activity) |  |  |
| 6:05PM-7 PM  BEGINNER YOGA  LINDA (activity) |  | 6:05PM-7 PM  BEGINNER YOGA  LINDA (activity) |  | 6:05PM-7 PM  BEGINNER YOGA  LINDA (activity) |  |  |
|  |  | 6:00PM-6:45PM  ZUMBA/HIPHOP MIX  LAWANNA (gym) |  |  |  |  |

*CLASSES TAKE PRECEDENCE OVER OTHER ACTIVITES*