

ATHLETIC TRAINING CENTER SCHEDULE

Effective February 1, 2026

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			Indoor Cycling <i>Daniel</i> 5:45-6:30am		Reserved for Tri-Club 6:30-7:30am	
Indoor Cycling <i>Daniel</i> 6:30-7:30am		Indoor Cycling <i>Mary</i> 6:30-7:30am		Strength Circuit <i>Mary</i> 6:30-7:30am		
Open for member use Monday - Friday 7:30-8:30am					Yoga 26/2 <i>Shalini</i> 7:45-8:45am	Open for member use 7:30am- 11:15am
Closed for cleaning 8:45-9:15am						
Indoor Cycling <i>Donna</i> 9:40-10:25am		Indoor Cycling <i>Amanda</i> 9:40-10:25am	Strength Circuit <i>Rhoda</i> 9:30-10:15am	Indoor Cycling <i>Joyce</i> 9:40-10:25am	Indoor Cycling <i>Norm</i> 9:15-10:15am	
Pilates Mat <i>Fran</i> 10:30- 11:15am	Pilates Mat <i>Jennifer</i> 10:30- 11:25am		Pilates Mat <i>Jennifer</i> 10:30- 11:25am		Yoga 26/2 <i>Luanne</i> 10:30- 11:30am	
Parkinson's Exercise Class <i>Cathy</i> 11:25am	Yoga <i>Jessica</i> 11:30am- 12:30pm	Pilates Mat <i>Barbara</i> 11:30am- 12:15pm	Yoga <i>Jessica</i> 11:30am- 12:30pm	Core & Stretch <i>Lisa</i> 11:30am- 12:30pm	Youth Strength Class 11:45am- 12:30pm	Total Body Stretch <i>Lisa</i> 11:30am- 12:30pm
Cardio & Tone (30 min) <i>Dina</i> 12:45pm	Open for member use 12:30-4:00pm	Open for member use 12:30-3:15pm	Open for member use 12:30-4:00pm		Open for member use 12:30-4:00pm	
Open for member use 1:30-8:00pm						
	Wahoo Dryland Practices 4:00-6:45pm	Wahoo Dryland Practices 4:00-6:45pm	Wahoo Dryland Practices 4:00-6:45pm	Wahoo Dryland Practices 4:00-6:45pm	Closed for cleaning 4:00-5:00pm	
	Open for member use 6:45-8:00pm					
Closed for Cleaning 8:00-9:00pm						