

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30am <u>Group Cycling</u> <i>Room B</i>	5:30am <u>Sunrise Strength</u> <i>Room A</i>	5:30am <u>Group Cycling</u> <i>Room B</i>	5:30am <u>Sunrise Strength</u> <i>Room A</i>	5:30am <u>Group Cycling</u> <i>Room B</i>		
8:15am <u>Circuit Training</u> <i>Room A</i>	9:00am <u>Group Cycling</u> <i>Room B</i>	8:10am <u>Cardio Dance</u> <i>Room A</i>	9:00am <u>Group Cycling</u> <i>Room B</i>	8:15am <u>Circuit Training</u> <i>Room A</i>	8:00am <u>Barre Fitness or</u> <u>Pure Strength</u> <i>Room A</i>	
9:15am  <i>Room A</i>	9:15am <u>Pilates</u> <i>Room A</i>	9:20am <u>Yoga</u> <i>Room A</i>	9:00am <u>Pure Strength</u> <i>Room A</i>	9:00am <u>Group Cycling</u> <i>Room B</i>	9:00am <u>Group Cycling</u> <i>Room B</i>	
10:30am  <u>Classic</u> <i>Room A</i>	10:30am  <i>Room A</i>	10:30am  <u>Cardio/ Circuit</u> <i>Room A</i>	10:15am  <u>Yoga</u> <i>Room A</i>	9:15am <u>Pilates</u> <i>Room A</i>	9:00am  <i>Room A</i>	9:00am  <i>Room A</i>
11:30am  <u>Classic</u> <i>Room A</i>	11:30am  <i>1/2 Hour Room A</i>	11:30am  <u>Classic</u> <i>Room A</i>	11:15am <u>Breath Control</u> <i>Room A</i>	10:30am  <u>Classic</u> <i>Room A</i>		10:00am  <i>Express 30 mins</i> <i>Room A</i>
4:30pm <u>InTENSity</u> <i>Room A</i>	3:30pm  <i>Room A</i>	4:30pm <u>InTENSity</u> <i>Room A</i>			CHAUTAUQUA  Health & Fitness 716-363-6383	
5:15pm <u>Group Cycling</u> <i>Room B</i>	4:30pm <u>Group Cycling</u> <i>Room B</i>	5:15pm <u>Group Cycling</u> <i>Room B</i>	4:30pm <u>Barre Fitness or</u>  <i>Room A</i>			
5:30pm <u>Yoga</u> <i>Room A</i>	5:30pm <u>Latin Dance</u> <u>Cardio & Tone</u> <i>Room A</i>	5:30pm  <i>Room A</i>	5:30pm  <i>Room A</i>		Childcare Hours Mon - Thurs: 8:15am - 12:00pm 4:00pm - 8:00pm Friday: 8:15am - 12:00pm Saturday: 7:45am - 10:30am Sunday: NO Childcare	
6:30pm <u>Tai Chi</u> <i>Room A</i>		6:30pm <u>Boot Camp</u> <i>Room A</i>				

** Thursday 4:30 pm class is rotating between Barre Fitness & PiYo. The first & third Thursday will be PiYo***