

SUMMER A: June 28 - August 8 SUMMER B: August 9 - September 19

Registration open. Specialized Programs are not included in your membership, require registration and are available for an additional cost.

Uptown Specialized Programs

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:00 pm		Alexander Technique (C) Lisa		Gladiator (G) Tony	
6:30 pm			Intermediate Kettlebell (C) Anna		
7:00 pm	Beginning Kettlebell (C) Mary	Gladiator (G) Tony			

Location: (C) = Studio C, (G) = Gym, (FF) = Fitness Floor

Uptown TRX Classes

LOCATION	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5:00 pm	Body Blast (FF) Mary				
6:30 pm			Boot Camp (FF) Tony		
7:00 pm				Body Blast (FF) Anna	

Location: (FF) = Fitness Floor

WEEKEND

LOCATION	SATURDAY	SUNDAY
9:00 am	Body Blast (FF) Brent	

Uptown Pilates Reformer Classes

LOCATION	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7:00 am		Intermediate Reformer (P) Mary			
10:00 am				Essential Reformer (P) Mary	
5:30 pm		Intermediate Reformer (P) Adrienne	Intermediate Reformer (P) Adrienne		Jumpboard (P) Anna
6:00 pm	Intermediate Reformer (P) Adrienne				

Location: (P) = Pilates Studio

WEEKEND

LOCATION	SATURDAY	SUNDAY
11:00 am	Essential Reformer (P) Adrienne	