

Monday		
5:30-6:30 am	BodyPump	Sharon
6:00-6:30 am	† Grit Cardio RB 1	Amy
8:20-9:20 am	Zumba	Trisha
9:00-10:00 am	BootCamp <i>S</i>	Jesse
9:25-10:20 am	Sculpt	Jill
10:35-11:25 am	BodyFlow <i>W</i>	Jill
10:25-11:25 am	Sculpt	Jesse
11:30-12:00 pm	† Grit Strength	Mari
12:05-1:05 pm	BodyStep	Jackie R
4:00-4:30 pm	Les Mills® Barre <i>W</i>	Brittany
4:10-4:55 pm	BootCamp	Cheryl
4:30-5:00 pm	CXworx <i>W</i>	Brittany
5:10-6:10 pm	BodyCombat	Mari & Shawn
6:15-7:15 pm	BodyPump	Amber
6:20-7:20 pm	BodyFlow <i>W</i>	Monica
7:20-8:05 pm	WERQ	Alison
8:05-8:35 pm	BollyX	Alison
Tuesday		
5:00-5:30 am	† Rip 30 <i>S</i>	James
5:30-6:00 am	† Rip 30 <i>S</i>	James
5:30-6:00 am	† Grit Plyo/Cardio	Amber/Jenn
6:10-6:50 am	Bootcamp Express	James
8:30-9:30 am	BodyPump	Alana
9:00-10:00 am	BodyFlow <i>W</i>	Mari
9:35-10:05 am	CXworx	Alana
10:15-11:15 am	Zumba 1/29, 2/26, 3/26	Dawn
12:00-12:30 pm	† Rip 30 <i>S</i>	James
12:00-1:00 pm	BodyPump	Jan
4:00-4:30 pm	BodyAttack Express	Rachel
4:35-5:05 pm	Les Mills® Barre	Rachel
5:10-6:10 pm	Sculpt	Jamie Z
6:15-7:15 pm	BodyStep	Linsey
7:20-8:20 pm	BodyPump	Shawn

Wednesday		
5:30-6:30 am	BodyPump	Karen W
7:30-8:15 am	Fusion Core (starts 1/16)	Jennifer
8:30-9:30 am	Sculpt	Kathy
9:35-10:35 am	BodyAttack	Rachel
10:45-11:45 am	BodyFlow <i>W</i>	Jackie R
10:45-11:30 am	Low Impact Circuit	Christen
11:45-12:30 pm	Zumba	Valerie/ Yuki
12:35-1:05 pm	† Grit Plyo/Cardio	Jesse
4:10-5:10 pm	BodyPump	Shawn
5:15-5:45 pm	Les Mills® Barre <i>W</i>	Andrea
5:15-5:45 pm	CXworx	Margaret
5:50-6:50 pm	BodyCombat	Rotate
6:55-7:55 pm	Zumba	Melanie



**Harbor** members enjoy over 150 specialized classes every week. These classes range from high intensity interval training to lower impact sessions which emphasize slow and mindful movement. Regardless of your fitness level, there is the perfect class for you. New Class! Les Mills® Barre. Ballet inspired training without the traditional barre to support you. Stability and strength become the focus to shape and tone postural muscles, core and allow you to escape the everyday. Feel the beautiful burn.



Check out  
**Suspension  
Training**  
@Wellness Studios

[www.harborathletic.com](http://www.harborathletic.com)

Instructors are subject to change at any time.  
Please come 5 minutes early to Body Pump & Grit for set up.

## LES MILLS barre

LES MILLS BARRE™ is a modern version of classic balletic training; a 30-minute workout designed to shape and tone postural muscles, build core strength, and allow you to escape the everyday.

If you're seeking a different style of training or a new kind of self-expression, you will love LES MILLS BARRE.

Without the traditional barre to support you, the muscles supporting your body's stability and strength becomes the focus. No dance experience is necessary.

### Les Mills Grit classes and TRX use a FIT PASS:

#### Members

Drop-in: \$10/class

10 Class Pass: \$80

Unlimited option includes HOT Yoga, TRX, Rip 30 & GRIT Classes: \$20/month with 1 year commitment.

\$75 for 3 months (paid in full)

#### Non-Members

Drop-in: \$20/Class

10 Class Pass: \$180

### Thursday

5:00-5:55 am	BootCamp	Vince
6:00-6:30 am	† Grit Strength	Amy
8:30-9:30 am	BodyStep	Sharon
9:35-10:35 am	BodyPump	Sharon
10:45-11:45 am	BodyAttack	Jackie
10:45-11:45 am	Body Boost <i>W</i>	Patti
12:00-12:30 pm	BodyPump Xpress 30	Rachel
12:35-1:05 pm	Les Mills® Barre	Rachel
4:10-5:05 pm	BodyStep	Mari
5:00-5:45 pm	† Play it Again TRX® <i>S</i>	Tracey
5:10-6:05 pm	Body Weight Sculpt <i>W</i>	Mari/Margaret
5:10-6:10 pm	BodyPump	Alana
5:45-6:15 pm	† Rip 30 <i>S</i>	Tracey
6:15-7:15 pm	BodyFlow <i>W</i>	Mari
6:15-6:45 am	CXworx	Alana
6:50-7:50 pm	BodyJam	Mandi



### Friday

5:00-5:30 am	† Rip 30 <i>S</i>	James
5:30-6:30 am	BodyPump	Amber
7:30-8:15 am	Fusion Core	Karen
8:20-9:20 am	BodyFlow <i>W</i>	Monica/Mari
8:30-9:30 am	FreeStyle Step	Karen
9:35-10:35 am	BodyPump	Rachel
10:40-11:10 am	CXworx	Brittany
11:15-11:45 am	Les Mills Barre	Mari
12:00-12:45 pm	† Play it Again TRX® <i>S</i>	Tracey
12:35-1:05 pm	† Grit Strength	Jesse
4:35-5:35 pm	BodyPump	Kristina
5:40-6:10 pm	Les Mills® Barre	Alison
6:15-7:15 pm	WERQ	Alison/Ellen

### Saturday

6:50-7:20 am	† Grit Strength	Rotate
7:30-8:30 am	BodyPump	Rotate
8:35-9:35 am	BodyStep	Rotate
9:40-10:10 am	CXworx <i>W</i>	Rotate
9:40-10:40 am	Sculpt	Rotate
10:20-10:50 am	Les Mills® Barre <i>W</i>	Rotate
10:45-11:45 am	Zumba	Kristina/Liz
12:00-1:00 pm	BodyPump	Andrea

### Sunday

8:00-8:30 am	† Grit Plyo/Cardio	Rotate
8:35-9:35 am	BodyPump	Karen/Amber
9:40-10:40 am	BodyCombat	Karen/ Amy
10:45-11:45 am	BodyFlow	Jan/Brinda
11:55-12:55 pm	Zumba	Jill A
4:00-5:00 pm	BodyPump	Rachel/Shawn
5:05-5:50 pm	BodyAttack	Rotate

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Please come 5 minutes early to Body Pump & Grit for set up.

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*W* - @ Wellness, *S* - on Sport Court,  
*O* - Outdoor Playground, † - extra fee & sign up