

## **GROUP FITNESS RESERVATION AND SIGN-IN PROCEDURES: PLEASE SIGN IN FOR ALL CLASSES!**

### **Sign-In Guidelines**

Class Attendance Sheets are available at the Front Desk. Please **print** your name and choose a floor number for your location in the studio, when applicable.

(Floor Grids for Studio 1 and Studio 2 are available at the Front Desk.)

**"Call-Ahead" Classes** (classes that require you to contact the Front Desk in advance to reserve your spot). **Note that members cannot reserve a space for anyone but their spouse.**

### **Exceptions Due to Club Hours:**

- Since we close at 6:00pm on Saturday and Sunday, the **Sunday Spinning** class will be on a first-come, first-served basis.
- For the **3 Monday classes (Body Sculpt, Core Board, Spinning)**, reservations will be taken on **Sunday beginning at 4:00pm.**

Here is a list of the "Call-Ahead" classes. For Tuesday through Saturday classes, calls are taken **Monday through Friday at 6:00pm (203-259-0882)** for the following day's class. Note that the schedule is subject to change. Please contact the Front Desk if you have any questions.

<b>Monday:</b>	<b>BODY SCULPT</b> , 8:30am, with Kim (Assigned Spots Studio 2) <b>CORE BOARD</b> , 8:30am, with Cyrece <b>SPINNING</b> , 9:30am, with Emma
<b>Tuesday:</b>	<b>BEGINNER'S YOGA</b> , 8:30am, with Gail <b>SPINNING</b> , 9:30am, with Tim <b>BODY SCULPT</b> , 9:30am, with Cyrece (Assigned Spots, Studio 2)
<b>Wednesday:</b>	<b>SPINNING</b> , 5:30am, with Emma <b>CHANGE IT UPI</b> , 8:30am, with Kim & Cyrece <b>CORE BOARD</b> , 9:30am, with Cyrece
<b>Thursday:</b>	<b>BALANCE &amp; POWER</b> , 8:30am, with Stephanie (Assigned Spots Studio 2) <b>SPINNING</b> , 8:30am, with Kim <b>CARDIO FUSION</b> , 9:30am, with Cyrece (Assigned Spots Studio 1)
<b>Friday:</b>	<b>SPINNING</b> , 7:30am, with Karen <b>BODY SCULPT</b> , 8:30am, with Kim (Assigned Spots Studio 2) <b>BODY SCULPT</b> , 9:30am, with Cyrece (Assigned Spots Studio 2) <b>TRX BODY BLAST PLUS</b> , 9:30am, with Deb
<b>Saturday:</b>	<b>SPINNING</b> , 8:30am, with Tim <b>SUPER SCULPT</b> , 8:30am, with Kim (Assigned Spots Studio 2)