

WINTER GROUP FITNESS • JANUARY 2ND — APRIL 1ST

START	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:15 AM		Core~25 Min. Amy~Studio C		Core~25 Min. Amy~Studio C		7:05 AM Cycle~45 Min. Rotating Inst. Studio A
5:45 AM	Group Power Amy~ Studio C Cycle~45 Min. Steven~Studio A	Cycle~60 Min. Amy~ Studio A Metabolic Conditioning Shandra~Studio C	Group Power Amy~ Studio C Cycle~45 Min. Steven~Studio A	Cycle~60 Min. Amy~ Studio A Metabolic Conditioning Shandra~Studio C	Group Power Amy~ Studio C Cycle~45 Min. Steven~Studio A	8:00AM Pound Ashley M. Studio B(45 min)
6:00 AM		Yoga~Karryn~Studio B		Yoga~Karryn~Studio B		
7:00 AM	Total Fitness Shandra~Studio C Yoga/Pilates Siobhan~Studio B	Tai Chi (7:30 a.m.) Isaac~Studio B	Total Fitness Rebekah~Studio C Yoga/Pilates Siobhan~Studio B	Pilates/Dance Siobhan~Studio C	Total Fitness Joni~Studio C Yoga/Pilates Siobhan~Studio B	8:00 AM Group Power Rotating Inst. Studio C
8:15 AM		Bones & Balance Cindy~Studio C		Bones & Balance Cindy~Studio C		
8:20 AM	Gentle Yoga~65 Min. Kelly~Studio B		Gentle Yoga~65 Min. Kelly~Studio B		Gentle Yoga~65 Min. Kelly~Studio B	9:00 AM Yoga Ann/Joe/ Siobhan Studio B
8:30 AM	Group Power Rebekah~Studio C	BootCamp~45 Min. Dayna~ Gym	Group Power Rebekah~Studio C	Bootcamp~45 Min. Dayna~Gym	Group Power Rebekah~Studio C	
8:45 AM	Cycle~45 min. Sarah~Studio A Interval Training 30 Min.~Kari~ Gym	Cycle~45 Min. Amber~Studio A Circuit Training Sharon~Fitness Floor	Cycle~45 min. Jenny~ Studio A Interval Training 30 Min.~Kari~ Gym	Cycle~45 Min. Amber~Studio A Circuit Training Sharon~Fitness Floor	Cycle~45 min. Sarah~ Studio A Interval Training 30 Min.~Kari~ Gym	Step/Blast Val/ Lisa/ Rochelle Studio C
9:25 AM		Group Power Sarah~Studio C		Group Power Sarah~Studio C		
9:35 AM	Step & Core~70 Min. Rochelle~Studio C Gentle Pilates Val~Studio B		Step & Core~70 Min. Rochelle~Studio C Gentle Pilates Kris~Studio B		Step&Core~70Min Rochelle~Studio C Gentle Pilates Kris~Studio B	9:15 AM Cycle Ashley/Lori Studio A
9:45 AM	Cycle~45 Min. Laura Hagen~Studio A		Cycle~45 Min. Laura Hagen~Studio A		Cycle~60 Min. Ashley~Studio A	10:30 AM Zumba Michelle-Megan Studio C
10:30 AM		Power Pilates Kris~Studio B		Power Pilates Kris~Studio B		
10:35 AM		Zumba Rebekah~Studio C		Zumba Rebekah~Studio C		
10:45 AM	Yoga Kelly~ Studio B		Yoga Linda~ Studio B		Yoga Kris~ Studio B	10:30 AM Group Centergy Lisa Studio B
11:00 AM	Group Centergy ~50 Min~Lisa~Studio C		Group Centergy ~50 Min~Lisa~Studio C		Barre Mishele~Studio C	
11:45 AM		Zumba Gold Robbie~Studio C Mostly Jazz~90 Min. Barbara~ Studio B		Tai Chi Joe~Studio C Mostly Jazz~90 Min. Barbara~ Studio B		SUNDAY 11:30 AM NIA Leela Studio C
12:00 PM	Line Dancing~75 Min. Robbie~Studio B Group Blast Lisa~Studio C	Cycle~45 Min. Lori~Studio A	Line Dancing~75 Min. Elaine~Studio B Group Blast Lisa~Studio C	Cycle~45 Min. Lori~Studio A	Mostly Jazz~90 Min. Barbara~Studio B 12:30 Fit for Life 90 Min Leela~Studio C	4:00 PM Group Power Laura Holden/ AnnaMarie Studio C
1:00 PM	Fit for Life~90 Min. Leela~Studio C	1:30 PM MELT~Shandra Studio B	Fit for Life~90 Min. Leela~Studio C	1:30 PM Therapeutic Yoga~Joe Studio B		4:00 PM Pilates/Dance Siobhan Studio B
1:45 PM	Back Clinic Kyle~Studio B		Back Clinic Kyle~Studio B		Back Clinic Kyle~Studio B	
4:00 PM	Strength Kari~Studio C		Strength Kari~Studio C			
4:30 PM		Group Centergy Joni~ Studio B Group Blast~55 Min. Wendy~Studio C		Group Centergy Joni~ Studio B 4:25 PM~STRONG by Zumba Tori~Studio C		5:15 PM Vinyasa Flow Yoga~Theresa Studio B
5:00 PM	Cycle~30 Min. Steve~ Studio A Core~25 Min. Kari~Studio C		Cycle~30 Min. Steve~ Studio A Core~25 Min. Kari~Studio C			5:15 PM Zumba Robbie Studio C
5:30 PM	Group Fight Laura Holden~Studio C Yoga Kris~Studio B Circuit Training Cindy~Crossline Room	Group Power Laura Holden~Studio C Cycle~45 Min. Ashley C.~Studio A 5:35 p.m. Zumba Michelle~Studio B	Group Fight Laura Holden~Studio C Yoga Kris~Studio B Circuit Training Cindy~Crossline Room	Group Power Wendy~Studio C Cycle~45 Min. Ashley C.~Studio A 5:35 p.m. Zumba Michelle~Studio B	Group Power Laura Holden Studio C Yoga Martha/Joe/ Siobhan~Studio B	
5:45 PM	Cycle~45 Min. AJ~Studio A		Cycle~45 Min. AJ~Studio A			
6:35 PM	Zumba Rebekah~Studio B Barre/Pilates Express Jean~Studio C (45 min)		Zumba Megan~ Studio B Barre/Pilates Express Jean~Studio C (45 min)			Schedule changes and additions noted in BLUE
6:45 PM		Yoga Ann~Studio B NIA~Leela~Studio C	7:30-8:30 PM BEGINNING BALLROOM \$ PAID CLASS ~ Studio B	Vinyasa Flow Yoga Theresa~Studio B NIA~Leela~Studio C		

All classes are 60 minutes unless otherwise noted

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Cycle Studio A

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:45 AM	CYCLE	CYCLE	CYCLE	CYCLE	CYCLE	7:05 AM CYCLE
8:45 AM	CYCLE	CYCLE	CYCLE	CYCLE	CYCLE	9:15 AM CYCLE
9:45 AM	CYCLE		CYCLE		CYCLE	
12:00 PM		CYCLE		CYCLE		
5:00 PM	CYCLE		CYCLE			
5:30 PM		CYCLE		CYCLE		
5:45 PM	CYCLE		CYCLE			

Mind/Body Studio B

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00 AM		YOGA		YOGA		8:00 AM POUND
7:00 AM	YOGA/PILATES	TAI CHI (7:30)	YOGA/PILATES		YOGA/PILATES	9:00 AM YOGA
8:20 AM	GENTLE YOGA		GENTLE YOGA		GENTLE YOGA	10:30 AM GRP CENTERGY
8:45 AM		CIRCUIT		CIRCUIT		
9:35 AM	GENTLE PILATES		GENTLE PILATES		GENTLE PILATES	
10:30 AM		POWER PILATES		POWER PILATES		
10:45 AM	YOGA		YOGA		YOGA	SUNDAY
11:45 AM		MOSTLY JAZZ		MOSTLY JAZZ		4:00 PM PILATES/DANCE
12:00 PM	LINE DANCING	1:30 PM MELT	LINE DANCING	1:30 PM THERAPUTIC YOGA	MOSTLY JAZZ	
1:45 PM	BACK CLINIC		BACK CLINIC		BACK CLINIC	
4:30 PM		GROUP CENTERGY		GROUP CENTERGY		5:15 PM VINYASA FLOW YOGA
5:30 PM	YOGA	5:35 PM ZUMBA	YOGA	5:35 PM ZUMBA	YOGA	
6:35 PM	ZUMBA		ZUMBA			
6:45 PM		YOGA	\$Ballroom\$	VINYASA FLOW YOGA		

Multipurpose Studio C

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:15 AM		CORE		CORE		8:00 AM GROUP POWER
5:45 AM	GROUP POWER	METABOLIC CON	GROUP POWER	METABOLIC CON	GROUP POWER	
7:00 AM	TOTAL FITNESS		TOTAL FITNESS	PILATES/DANCE	TOTAL FITNESS	9:15 AM STEP/GROUP BLAST
8:15 AM		BONES & BALANCE		BONES & BALANCE		
8:30 AM	GROUP POWER		GROUP POWER		GROUP POWER	
9:25 AM		GROUP POWER		GROUP POWER		
9:35 AM	STEP & CORE		STEP & CORE		STEP & CORE	10:30 AM ZUMBA
10:35 AM		ZUMBA		ZUMBA		
11:00 AM	GROUP CENTERGY		GROUP CENTERGY		BARRE	
11:45 PM		ZUMBA GOLD		TAI CHI		SUNDAY
12:00 PM	GROUP BLAST		GROUP BLAST			11:30 AM NIA
1:00 PM	FIT FOR LIFE		FIT FOR LIFE		12:30 FIT FOR LIFE	4:00 PM GROUP POWER
4:00 PM	STRENGTH		STRENGTH			
4:30 PM		GROUP BLAST		4:25PM STRONG by Zumba		
5:00 PM	CORE		CORE			5:15 PM ZUMBA
5:30 PM	GROUP FIGHT	GROUP POWER	GROUP FIGHT	GROUP POWER	GROUP POWER	
6:35 PM	BARRE/PILATES EXPRESS		BARRE/PILATES EXPRESS			
6:45 PM		NIA		NIA		

Specialty Fitness

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:30 AM		BOOT CAMP ~GYM		BOOT CAMP ~GYM	
8:45 AM	INTERVAL TRAINING ~GYM	CIRCUIT TRAINING ~FITNESS FLOOR	INTERVAL TRAINING ~GYM	CIRCUIT TRAINING ~FITNESS FLOOR	INTERVAL TRAINING ~GYM
5:30 PM	CIRCUIT TRAINING ~CROSSLINE		CIRCUIT TRAINING ~CROSSLINE		

All classes are first come, first served basis. Please do not reserve spots for members.

All classes are 60 minutes unless otherwise noted