



WINTER 2019 GROUP EXERCISE • JAN 6 — MARCH 30

	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
5:45 AM	Group Power Amy—Studio C	Cycle 60 Amy—Studio A	Group Power Amy—Studio C	Cycle 60 Amy—Studio A	Group Power Amy—Studio C	Rotating Inst. Studio A
	Cycle 45 Steven—Studio A	Metabolic Conditioning Shandra—Studio C	Cycle 45 Steven—Studio A	Metabolic Conditioning Shandra—Studio C	Cycle 45 Steven—Studio A	8:00 AM
7:00 AM	Total Fitness Suzanne—Studio C	Tai Chi (7:30 AM) Isaac—Studio B	Total Fitness Suzanne—Studio C		Total Fitness Suzanne—Studio C	Group Power Rotating Inst. Studio C
	Yoga/Pilates Joe—Studio B		Yoga/Pilates Siobhan—Studio B		Yoga/Pilates Siobhan—Studio B	
8:15 AM		Bones & Balance Cindy—Studio C		Bones & Balance Cindy—Studio C		8:00 AM Yoga Rotating Inst. Studio B
8:20 AM	Gentle Yoga (65 Min.) Kelly—Studio B		Gentle Yoga (65 Min.) Kelly—Studio B		Gentle Yoga (65 Min.) Kelly—Studio B	
8:30 AM	Group Power Rebekah—Studio C	Boot Camp (45 Min.) Dayna—Gym	Group Power Rebekah—Studio C	Boot Camp (45 Min.) Dayna—Gym	Group Power Rebekah—Studio C	9:15 AM Grp Blast/Step
	Interval Training (30 Min.) Nikki—Gym	Cycle 45 Amber—Studio A	Interval Training (30 Min.) Nikki—Gym	Cycle 45 Amber—Studio A	Interval Training (30 Min.) Nikki—Gym	Rotating Inst. Studio C
8:45 AM	Cycle 45 Sarah—Studio A	Circuit Training Sharon—St B/Fit floor	Cycle 45 Lori—Studio A	Circuit Training Sharon—St B/Fit floor	Cycle 45 Lori—Studio A	9:15 AM Cycle 45
9:20 AM		Rock Bottom (20 Min.) Lori—Studio B		Rock Bottom (20 Min.) Amber—Studio B		Rotating Inst. Studio A
9:25 AM		Group Power Sarah—Studio C		Group Power Sarah—Studio C		9:15 AM Group Fight Kickboxing
9:35 AM	Step & Core (70 Min.) Rochelle—Studio C		Step & Core (70 Min.) Rochelle—Studio C		Step & Core (70 Min.) Rochelle—Studio C	Amanda Studio B
	Gentle Pilates Kris—Studio B		Gentle Pilates Heather—Studio B		Gentle Pilates Kris—Studio B	
9:45 AM	Cycle 45 Laura Hagen—Studio A		Cycle 45 Laura Hagen—Studio A		Cycle 60 Ashley—Studio A	10:30 AM Zumba
10:30 AM		Power Pilates Kris—Studio B		Power Pilates Kris—Studio B		Michelle/Megan Studio C
10:35 AM		Zumba Megan—Studio C		Zumba Megan—Studio C		
10:45 AM	Yoga Joe—Studio B		Yoga Linda—Studio B		Yoga Kris—Studio B	10:30 AM Pilates
11:00 AM	Group Centergy(55 Min) Michelle S.—Studio C		Group Centergy(55 Min) Michelle S.—Studio C		Barre Dance Flow Mishele—Studio C	Brianne Studio B
11:45 AM		Zumba Gold Robbie—Studio C		Tai Chi Joe—Studio C		2:00 PM Hula (90 Min.) Linda—Studio B
		Mostly Jazz (90 Min.) Barbara—Studio B		Mostly Jazz (90 Min.) Barbara—Studio B		
12:00 PM	Line Dancing (75 Min.) Robbie—Studio B	Cycle 45 Suzanne—Studio A	Line Dancing (75 Min.) Elaine—Studio B	Cycle 45 Suzanne—Studio A	Mostly Jazz (90Min.) Barbara—Studio B	SUNDAY
	Dynamic Strength & Conditioning (55 min) Chelsea—Studio C		Dynamic Strength & Conditioning (55 min) Chelsea—Studio C			11:30 AM NIA Leela Studio C
1:00 PM	Fit for Life (90 Min.) Leela—Studio C		Fit for Life (90 Min.) Leela—Studio C		12:30 Fit for Life (90 min) Leela—Studio C	4:00 PM Group Power
1:30 PM		MELT Shandra—Studio C		Therapeutic Yoga Joe—Studio B		Jen Studio C
				MELT Shandra—Studio C		
1:45 PM	Back Clinic I Kyle—Studio B	Back Clinic II Kyle—Studio B	Back Clinic I Kyle—Studio B		Back Clinic II Kyle—Studio B	4:00 PM Pilates
4:00 PM	Strength (55 Min.) Kari—Studio C		Strength (55 Min.) Kari—Studio C			Michelle McV Studio B
4:30 PM		Group Centergy Rebekah—Studio B		Group Centergy Rebekah—Studio B		5:15 PM Vinyasa Flow Yoga
		Group Blast Wendy—Studio C		Group Blast Wendy—Studio C		Joe Studio B
5:00 PM	Cycle 30 Steve—Studio A		Cycle 30 Steve—Studio A			
	Core (25 Min.) AJ—Studio C		Core (25 Min.) AJ—Studio C			
5:30 PM	Cardio STRONG Lori—Studio C	Group Power Becca—Studio C	Pilates Michelle McV—Studio C	Group Power Becca—Studio C		5:15 PM Zumba
	Yoga Kris—Studio B	Cycle 45 Ashley C—Studio A	Yoga Kris—Studio B	Cycle 45 Ashley C—Studio A		Robbie Studio C
	Circuit Training Cindy—Crossline Room	5:35 PM Zumba Michelle M—Studio B	Circuit Training Cindy—Crossline Room	5:35 PM Zumba Michelle M—Studio B		
6:35 PM	Zumba Justin—Studio C		Zumba Megan—Studio C			6:30 PM Guided Meditation
6:45 PM		Yoga Ann—Studio B	7:30-8:30 PM BALLROOM \$ PAID CLASS—Studio B	Vinyasa Flow Yoga Amy Singh—Studio B		Joe Studio B
		Nia Leela—Studio C		Nia Leela—Studio C		

Schedule changes and additions are noted in BLUE



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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
8:30 AM		CYCLE		CYCLE		
8:45 AM	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		

Mind/Body Studio B

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:00 AM	YOGA/PILATES	TAI CHI (7:30)	YOGA/PILATES		YOGA/PILATES	8:00 AM YOGA
8:20 AM	GENTLE YOGA		GENTLE YOGA		GENTLE YOGA	
8:45 AM		CIRCUIT WARMUP		CIRCUIT WARMUP		9:15 AM
9:20 AM		ROCK BOTTOM		ROCK BOTTOM		GRP FIGHT KICK
9:35 AM	GENTLE PILATES		GENTLE PILATES		GENTLE PILATES	10:30 AM
10:30 AM		POWER PILATES		POWER PILATES		PILATES
10:45 AM	YOGA		YOGA		YOGA	2:00 PM
11:45 AM		MOSTLY JAZZ		MOSTLY JAZZ		HULA
12:00 PM	LINE DANCING		LINE DANCING		MOSTLY JAZZ	SUNDAY
1:30 PM				THERAPEUTIC YOGA		4:00 PM
1:45 PM	BACK CLINIC I	BACK CLINIC II	BACK CLINIC I		BACK CLINIC II	PILATES
4:30 PM		GROUP CENTERGY		GROUP CENTERGY		5:15 PM
5:30 PM	YOGA	5:35 PM ZUMBA	YOGA	5:35 PM ZUMBA		VIN. FLOW
6:35 PM						YOGA
6:45 PM		YOGA	\$Ballroom\$	VINYASA FLOW YOGA		6:30 PM GUIDED MED.

Multipurpose Studio C

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

Specialty Fitness

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:30 AM	INTERVAL TRAINING <i>GYM</i>	BOOT CAMP <i>GYM</i>	INTERVAL TRAINING <i>GYM</i>	BOOT CAMP <i>GYM</i>	INTERVAL TRAINING <i>GYM</i>
8:45 AM		CIRCUIT TRAINING <i>FITNESS FLOOR</i>		CIRCUIT TRAINING <i>FITNESS FLOOR</i>	
5:30 PM	CIRCUIT TRAINING <i>CROSSLINE ROOM</i>		CIRCUIT TRAINING <i>CROSSLINE ROOM</i>		

All classes are first come, first served basis. Please arrive promptly to secure your space in class.

Trying a new class? Arrive 5 minutes early to set-up and meet the instructor!