



## FALL 2019 GROUP EXERCISE • SEPT 8 — JAN 4

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:45 AM	Group Power Amy—Studio C	Cycle 45 Amy—Studio A	Group Power Amy—Studio C	Cycle 45 Amy—Studio A	Group Power Amy—Studio C	7:05 AM Cycle 45 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	
6:30 AM		Core (15 Min.) Amy—Studio A		Core (15 Min.) Amy—Studio A		8:00 AM
7:00 AM	Total Fitness Suzanne—Studio C	7:15 AM TaiChi/Qigong Alexander—Studio B	Total Fitness Suzanne—Studio C	7:15 AM TaiChi/Qigong Alexander—Studio B	Total Fitness Suzanne—Studio C	8:00 AM 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.) Amy Singh—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 Rotating Inst. Studio C
	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	
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 Rotating Inst. Studio A
9:20 AM		Rock Bottom (20 Min.) Amber—Studio B		Rock Bottom (20 Min.) Amber—Studio B		
9:25 AM		Group Power Sarah—Studio C		Group Power Sarah—Studio C		9:15 AM
9:35 AM	Step & Core (70 Min.) Rochelle—Studio C		Step & Core (70 Min.) Rochelle—Studio C		Step & Core (70 Min.) Rochelle—Studio C	Group Fight Kickboxing Amanda Studio B
	Gentle Pilates Kris—Studio B		Gentle Pilates Heather H—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
10:30 AM		Power Pilates Kris—Studio B		Power Pilates Kris—Studio B		Zumba Rotating Inst. 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 Brianne Studio B
11:00 AM	Group Centergy Michelle S.—Studio C		Group Centergy Michelle S.—Studio C		Barre Dance Flow Mishele—Studio C	
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 Rachel—Studio A	Line Dancing (75 Min.) Elaine—Studio B	Cycle 45 Rachel—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			
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 Jen Studio C
1:30 PM		MELT Shandra—Studio C		Therapeutic Yoga Joe—Studio B		
				MELT Shandra—Studio C		4:00 PM Pilates Michelle McVay Studio B
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	Strength (55 Min.) Chelsea—Studio C		Strength (55 Min.) Chelsea—Studio C			
4:30 PM		Group Centergy Rebekah—Studio B		Group Centergy Rebekah—Studio B		5:15 PM Vinyasa Flow Yoga Joe Studio B
		Group Blast Wendy—Studio C		Group Blast Wendy—Studio C		
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	Group Centergy Inara—Studio C	Group Power Becca—Studio C	Pilates Michelle McV—Studio C	Group Power Becca—Studio C		5:15 PM Zumba Robbie Studio C
	Yoga Kris—Studio B	Cycle 45 Ashley C—Studio A	Yoga Kris—Studio B	Cycle 45 Ashley C—Studio A		
	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 Jessica—Studio C		Zumba (55 Min.) Megan—Studio C			
6:45 PM		Yoga Ann—Studio B	7:30-9:40 PM BALLROOM Barbara \$ PAID CLASS—Studio B	*NEW* PiYo Flow Fusion Francy—Studio B		
		Nia Leela—Studio C		Nia Leela—Studio C		

• Schedule changes and additions are noted in GREEN •



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### Cycle Studio A

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:45 AM	CYCLE 45	CYCLE 45	CYCLE 45	CYCLE 45	CYCLE 45	7:05 AM CYCLE 45
6:30 AM		CORE 15		CORE 15		
8:30 AM		CYCLE 45		CYCLE 45		
8:45 AM	CYCLE 45		CYCLE 45		CYCLE 45	9:15 AM CYCLE 45
9:45 AM	CYCLE 45		CYCLE 45		CYCLE 60	
12:00 PM		CYCLE 45		CYCLE 45		
5:00 PM	CYCLE 30		CYCLE 30			
5:30 PM		CYCLE 45		CYCLE 45		

### Mind/Body Studio B

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

### Multipurpose Studio C

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