

# SUMMER GROUP EXERCISE SCHEDULE • BEGINS JUNE 6<sup>TH</sup>

All classes are first come-first serve—Please arrive early to secure your space in class.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:45 AM	Cycle 45 Steven—Studio A Group Power Sarah—Studio C		Cycle 45 Steven—Studio A Group Power Sarah—Studio C		Cycle 45 Steven—Studio A Group Power Rebekah—Studio C		
7:00 AM	Total Fitness Rochelle—Studio C Yoga/Pilates Siobhan—Studio B		Total Fitness Rochelle—Studio C Yoga/Pilates Siobhan—Studio B		Total Fitness Rochelle—Studio C Yoga/Pilates Siobhan—Studio B		
8:00 AM		Simply Stretch Yoga Karryn—Studio B		Simply Stretch Yoga Karryn—Studio B		Yoga Joe—Studio B	
8:15 AM	Gentle Yoga Joe—Studio B	Strength & Stability Cindy—Studio C	Gentle Yoga Joe—Studio B	Strength & Stability Cindy—Studio C	Gentle Yoga Joe—Studio B		
8:30 AM	Interval Training (30 Min) Nikki—OUTSIDE Group Power Rebekah—Studio C	Boot Camp (45 Min) Dayna—OUTSIDE Cycle 45 Amber—Studio A	Interval Training (30 Min) Nikki—OUTSIDE Group Power Rebekah—Studio C	Boot Camp (45 Min) Dayna—OUTSIDE Cycle 45 Amber—Studio A	Interval Training (30 Min) Nikki—OUTSIDE Group Power Rebekah—Studio C		
9:15 AM		Pilates Core & Align Diana—Studio B		Pilates Core & Align Diana—Studio B		Group Centergy Emily/Rebekah Studio B Cardio Dance/ Zumba Nikki/Jessica/Michelle Studio C Cycle 45 Ashley—Studio A	
9:30 AM	9:35 AM Pilates Chantal—Studio B	Group Power Sarah—Studio C	9:35 AM Pilates Chantal—Studio B	Group Power Sarah—Studio C	9:35 AM Pilates Susan—Studio B		
9:45 AM	Cycle 45 Laura—Studio A Dynamic Strength & Conditioning (45 min) Dayna—Studio C		Cycle 45 Laura—Studio A Dynamic Strength & Conditioning (45 min) Dayna—Studio C		Cycle 45 Ashley—Studio A Intermediate Step Rochelle Studio C		
10:30 AM		Yoga/Pilates Siobhan—Studio B		Yoga/Pilates Siobhan—Studio B		Pilates Diana—Studio B	
10:45 AM	Yoga Joe—Studio B	Zumba Sabina—Studio C	Yoga Joe—Studio B	Zumba Sabina—Studio C	Yoga Diana—Studio B		
11:00 AM	Group Centergy Michelle S. Studio C		Group Centergy Michelle S. Studio C				
11:45 AM		Mostly Jazz (90 Min) Barbara—Studio B		Mostly Jazz (90 Min) Barbara—Studio B			
12:00 PM	Line Dancing (75 min) Robbie—Studio B	Zumba Gold Robbie—Studio C	Line Dancing (75 min) Elaine—Studio B	Zumba Gold Sabina—Studio C	Mostly Jazz (90 Min) Barbara—Studio B		
12:30 PM	Fit for Life (90 min) Leela—Studio C		Fit for Life (90 min) Leela—Studio C		Zumba Gold Sabina—Studio C		
4:00 PM							Pilates Michelle McV Studio B
4:30 PM		Group Centergy Rebekah Studio B		Group Centergy Rebekah Studio B			
5:00 PM	Cycle 45 AJ—Studio A		Cycle 45 AJ—Studio A				*NEW TIME 5:00 PM* Zumba Robbie—Studio C
5:30 PM	Simply Stretch Yoga Karryn—Studio B Group Power Wendy—Studio C	Cycle 45 Ashley—Studio A Zumba Michelle M—Studio C	Simply Stretch Yoga Karryn—Studio B Group Power Wendy—Studio C	Cycle 45 Ashley—Studio A Zumba Michelle M—Studio C			
5:45 PM							



**\*NEW\* SCHEDULE ADDITIONS & CHANGES** highlighted in GREEN

**OUTDOOR CLASSES\*** highlighted in YELLOW

\*Outdoor classes are weather permitting. If it is actively raining during class time, class will be held in its traditional class location. OUTDOOR CYCLE will resume indoors by July.

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## STUDIO A—Cycling Studio

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:45 AM	CYCLE 45		CYCLE 45		CYCLE 45		
8:30 AM		CYCLE 45		CYCLE 45			
9:45 AM	CYCLE 45		CYCLE 45		CYCLE 45	9:15 AM CYCLE 45	
5:00 PM	CYCLE 45		CYCLE 45				
5:30 PM		CYCLE 45		CYCLE 45			

## STUDIO B—Mind/Body Studio

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:45 AM							
7:00 AM	YOGA/PILATES		YOGA/PILATES		YOGA/PILATES		
8:00 AM		SIMPLY STRETCH YOGA		SIMPLY STRETCH YOGA		YOGA	
8:15 AM	GENTLE YOGA		GENTLE YOGA		GENTLE YOGA		
9:15 AM		PILATES CORE & ALIGN		PILATES CORE & ALIGN		GROUP CENTERGY	
9:35 AM	PILATES		PILATES		PILATES		
10:30 AM		YOGA PILATES		YOGA PILATES		PILATES	
10:45 AM	YOGA		YOGA		YOGA		
11:45 AM		MOSTLY JAZZ 90 MIN		MOSTLY JAZZ 90 MIN			
12:00 PM	LINE DANCING 75 MIN		LINE DANCING 75 MIN		MOSTLY JAZZ 90 MIN		
4:30 PM		GROUP CENTERGY		GROUP CENTERGY			4:00 PM PILATES
5:30 PM	SIMPLY STRETCH YOGA		SIMPLY STRETCH YOGA				
5:45 PM							

## STUDIO C—Multipurpose Studio

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:45 AM	GROUP POWER		GROUP POWER		GROUP POWER		
7:15 AM	TOTAL FITNESS		TOTAL FITNESS		TOTAL FITNESS		
8:15 AM		STRENGTH & STABILITY		STRENGTH & STABILITY			
8:30 AM	GROUP POWER		GROUP POWER		GROUP POWER		
9:30 AM		GROUP POWER		GROUP POWER		9:15 AM CARDIO DANCE/ ZUMBA	
9:45 AM	DYN STRENGTH & CONDITIONING 45 MIN		DYN STRENGTH & CONDITIONING 45 MIN		INTERMEDIATE STEP		
10:45 AM		ZUMBA		ZUMBA			
11:00 AM	GROUP CENTERGY		GROUP CENTERGY				
12:00 PM		ZUMBA GOLD		ZUMBA GOLD			
12:30 PM	FIT FOR LIFE 90 MIN		FIT FOR LIFE 90 MIN		ZUMBA GOLD		
5:30 PM	GROUP POWER	ZUMBA	GROUP POWER	ZUMBA			5:00 PM ZUMBA

## SPECIALTY FITNESS—Classes not held in a Studio

Currently all specialty fitness classes are outside—weather permitting

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:30 AM	INTERVAL TRAINING GYM* (*currently outside)	BOOT CAMP GYM* (*currently outside)	INTERVAL TRAINING GYM* (*currently outside)	BOOT CAMP GYM* (*currently outside)	INTERVAL TRAINING GYM* (*currently outside)