

FALL GROUP EXERCISE SCHEDULE • BEGINS SEPTEMBER 7TH

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 Emily—Studio A	Cycle 45 Steven—Studio A Group Power Sarah—Studio C	Cycle 45 Emily—Studio A	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	Interval Training (30 Min) Nikki—OUTSIDE Group Power Rebekah—Studio C	Boot Camp (45 Min) Dayna—OUTSIDE	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		Core & Restore Pilates/Yoga Diana—Studio B Cardio Dance/Zumba Nikki/Jessica/Michelle Studio C Cycle 45 Rot. Instr.—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		10:25 AM Gentle Yoga (45 min) Siobhan—Studio B		10:25 AM Gentle Yoga (45 min) 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		
1:30 PM	Back Clinic Rebekah—Studio B		Back Clinic Rebekah—Studio B	Melt Shandra—Studio C			
4:30 PM		Group Centergy Rebekah Studio B		Group Centergy Rebekah Studio B			4:00 PM Pilates Michelle McV Studio B *NEW* 4:00 PM Get Pumped (45 min) Francy—Studio C
5:00 PM	Cycle 45 AJ—Studio A		Cycle 45 AJ—Studio A				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			5:15 PM Vinyasa Flow Yoga (75 min) Joe—Studio B
5:45 PM		Vinyasa Flow Yoga Kelsey—Studio B		Vinyasa Flow Yoga Kelsey—Studio B			6:30 PM Guided Meditation (15 min) Joe—Studio B



***NEW* SCHEDULE ADDITIONS & CHANGES** highlighted in ORANGE
OUTDOOR CLASSES* highlighted in YELLOW
**Outdoor classes are weather permitting. If it is actively raining during class time, class will be held in the gym.*

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STUDIO A—Cycling Studio

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:45 AM	CYCLE 45	CYCLE 45	CYCLE 45	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
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		CORE & RESTORE PILATES/YOGA	
9:35 AM	PILATES		PILATES		PILATES		
10:30 AM		10:25 AM GENTLE YOGA 45 MIN		10:25 AM GENTLE YOGA 45 MIN		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		
1:30 PM	BACK CLINIC		BACK CLINIC	MELT			
4:30 PM		GROUP CENTERGY		GROUP CENTERGY			4:00 PM PILATES
5:30 PM	SIMPLY STRETCH YOGA		SIMPLY STRETCH YOGA				5:15 PM VINYASA FLOW YOGA 75 MIN
5:45 PM		VINYASA FLOW YOGA		VINYASA FLOW YOGA			6:30 PM GUIDED MED. 15 MIN

STUDIO C—Multipurpose Studio

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:45 AM	GROUP POWER		GROUP POWER		GROUP POWER		
7:00 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		4:00 PM GET PUMPED 45 MIN
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)