

# 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	<b>Cycle 45</b> Steven—Studio A <b>Group Power</b> Sarah—Studio C	<b>Cycle 45</b> Emily—Studio A	<b>Cycle 45</b> Steven—Studio A <b>Group Power</b> Sarah—Studio C	<b>Cycle 45</b> Emily—Studio A	<b>Cycle 45</b> Steven—Studio A <b>Group Power</b> Rebekah—Studio C		
7:00 AM	<b>Total Fitness</b> Rochelle—Studio C <b>Yoga/Pilates</b> Siobhan—Studio B		<b>Total Fitness</b> Rochelle—Studio C <b>Yoga/Pilates</b> Siobhan—Studio B		<b>Total Fitness</b> Rochelle—Studio C <b>Yoga/Pilates</b> Siobhan—Studio B		
8:00 AM		<b>Simply Stretch Yoga</b> Karryn—Studio B		<b>Simply Stretch Yoga</b> Karryn—Studio B		<b>Yoga</b> Joe—Studio B	
8:15 AM	<b>Gentle Yoga</b> Joe—Studio B	<b>Strength &amp; Stability</b> Cindy—Studio C	<b>Gentle Yoga</b> Joe—Studio B	<b>Strength &amp; Stability</b> Cindy—Studio C	<b>Gentle Yoga</b> Joe—Studio B		
8:30 AM	<b>Interval Training</b> (30 Min) Nikki—OUTSIDE <b>Group Power</b> Rebekah—Studio C	<b>Boot Camp</b> (45 Min) Dayna—OUTSIDE	<b>Interval Training</b> (30 Min) Nikki—OUTSIDE <b>Group Power</b> Rebekah—Studio C	<b>Boot Camp</b> (45 Min) Dayna—OUTSIDE	<b>Interval Training</b> (30 Min) Nikki—OUTSIDE <b>Group Power</b> Rebekah—Studio C		
9:15 AM		<b>Pilates Core &amp; Align</b> Diana—Studio B		<b>Pilates Core &amp; Align</b> Diana—Studio B		<b>Core &amp; Restore Pilates/Yoga</b> Diana—Studio B <b>Cardio Dance/Zumba</b> Nikki/Jessica/Michelle Studio C <b>Cycle 45</b> Rot. Instr.—Studio A	
9:30 AM	<b>9:35 AM Pilates</b> Chantal—Studio B	<b>Group Power</b> Sarah—Studio C	<b>9:35 AM Pilates</b> Chantal—Studio B	<b>Group Power</b> Sarah—Studio C	<b>9:35 AM Pilates</b> Susan—Studio B		
9:45 AM	<b>Cycle 45</b> Laura—Studio A <b>Dynamic Strength &amp; Conditioning</b> (45 min) Dayna—Studio C		<b>Cycle 45</b> Laura—Studio A <b>Dynamic Strength &amp; Conditioning</b> (45 min) Dayna—Studio C		<b>Cycle 45</b> Ashley—Studio A <b>Intermediate Step</b> Rochelle Studio C		
10:30 AM		<b>10:25 AM Gentle Yoga</b> (45 min) Siobhan—Studio B		<b>10:25 AM Gentle Yoga</b> (45 min) Siobhan—Studio B		<b>Pilates</b> Diana—Studio B	
10:45 AM	<b>Yoga</b> Joe—Studio B	<b>Zumba</b> Sabina—Studio C	<b>Yoga</b> Joe—Studio B	<b>Zumba</b> Sabina—Studio C	<b>Yoga</b> Diana—Studio B		
11:00 AM	<b>Group Centergy</b> Michelle S. Studio C		<b>Group Centergy</b> Michelle S. Studio C				
11:45 AM		<b>Mostly Jazz</b> (90 Min) Barbara—Studio B		<b>Mostly Jazz</b> (90 Min) Barbara—Studio B			
12:00 PM	<b>Line Dancing</b> (75 min) Robbie—Studio B	<b>Zumba Gold</b> Robbie—Studio C	<b>Line Dancing</b> (75 min) Elaine—Studio B	<b>Zumba Gold</b> Sabina—Studio C	<b>Mostly Jazz</b> (90 Min) Barbara—Studio B		
12:30 PM	<b>Fit for Life</b> (90 min) Leela—Studio C		<b>Fit for Life</b> (90 min) Leela—Studio C		<b>Zumba Gold</b> Sabina—Studio C		
1:30 PM	<b>Back Clinic</b> Rebekah—Studio B		<b>Back Clinic</b> Rebekah—Studio B	<b>Melt</b> Shandra—Studio C			
4:30 PM		<b>Group Centergy</b> Rebekah Studio B		<b>Group Centergy</b> Rebekah Studio B			<b>4:00 PM Pilates</b> Michelle McV Studio B <b>*NEW* 4:00 PM Get Pumped</b> (45 min) Francy—Studio C
5:00 PM	<b>Cycle 45</b> AJ—Studio A		<b>Cycle 45</b> AJ—Studio A				<b>Zumba</b> Robbie—Studio C
5:30 PM	<b>Simply Stretch Yoga</b> Karryn—Studio B <b>Group Power</b> Wendy—Studio C	<b>Cycle 45</b> Ashley—Studio A <b>Zumba</b> Michelle M—Studio C	<b>Simply Stretch Yoga</b> Karryn—Studio B <b>Group Power</b> Wendy—Studio C	<b>Cycle 45</b> Ashley—Studio A <b>Zumba</b> Michelle M—Studio C			<b>5:15 PM Vinyasa Flow Yoga</b> (75 min) Joe—Studio B
6:30 PM							<b>Guided Meditation</b> (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.*

# FALL GROUP EXERCISE SCHEDULE • BEGINS SEPTEMBER 7<sup>TH</sup>

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

## 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				
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
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
1:30 PM					MELT		
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)