



GROUP FITNESS SCHEDULE

FALL I: SEPTEMBER 5 - OCTOBER 29, 2017

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

STUDIO 1/GYMNASIUM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	PILATES MAT 7:00 AM - 7:55 AM LAUREN - STUDIO 1		WILLPOWER IGNITE 6:00 AM - 6:55 AM HEIDI - STUDIO 1	PILATES MAT 7:00 AM - 7:55 AM LAUREN - STUDIO 1		PILATES 7:30 AM - 8:25 AM Angela/Lauren - STUDIO 1
YOGA 8:15 AM - 9:25 AM LISSA - STUDIO 1	YOGA 8:15 AM - 9:25 AM REMEDIOS - STUDIO 1	GENTLE RESTORATIVE YOGA 8:00 AM - 8:55 AM HEATHER N. - STUDIO 1	PILATES MAT 7:00 AM - 7:55 AM HEIDI - STUDIO 1	TGIF YOGA* 8:15 AM - 9:10 AM MARY JO - STUDIO 1	LES MILLS CXWORX* 8:30 AM - 9:00 AM ALISON/MARILYN/JODI STUDIO 1	
PILATES PLUS 9:30 AM - 10:25 AM HEATHER S - STUDIO 1	CORE 'N MORE* 9:30 AM - 10:25 AM ALISON - STUDIO 1	YOGA 201 9:30 AM - 10:25 AM CHERIE - STUDIO 1	YOGA* 8:15 AM - 9:25 AM REMEDIOS - STUDIO 1	PILATES PLUS 9:30 AM - 10:25 AM HEATHER S - STUDIO 1	PILATES FUSION* 9:15 AM - 10:25 AM JODI - STUDIO 1	
SENIOR STRENGTH STRETCH & BALANCE 10:00 AM - 10:45 AM KIM - GYMNASIUM	BOOTY BARRE* 10:30 AM - 11:25 AM JODI - STUDIO 1	BELLY DANCING* 10:30 AM - 11:25 AM ERYKA - STUDIO 1	YOGA 9:30 AM - 10:25 AM CHERIE - STUDIO 1	SAMBA BELLY FITNESS* 10:30 AM - 11:25 AM ERYKA - STUDIO 1	YOGA PREP* 10:30 AM - 10:55 AM REMEDIOS - STUDIO 1	GENTLE YOGA* 10:30 AM - 11:25 AM REMEDIOS - STUDIO 1
YOGA 101* 10:30 AM - 11:25 AM SONYA - STUDIO 1	CHAIR YOGA 11:30 AM - 12:25 PM HEATHER N - STUDIO 1	SENIOR FITNESS 11:00 AM - 11:45 AM JACKIE- GYMNASIUM	FLEX AND SCULPT 10:30 AM - 11:25 AM LISSA - STUDIO 1	SENIOR FITNESS 11:00 AM - 11:45 AM ANGELA - GYMNASIUM	YOGA* 11:00 AM - 12:15 PM REMEDIOS - STUDIO 1	
Functional Fusion 12:00PM-12:55 PM LISSA - STUDIO 1	ARTHRITIS FOUNDATION FITNESS 12:30 PM - 1:25 PM SONYA - STUDIO 1	THERAPEUTIC FITNESS 12:00 PM -12:45 PM ALISON - STUDIO 1	CHAIR YOGA 11:30 AM - 12:25 PM HEATHER N - STUDIO 1	YOGA 12:00-12:55 CHERIE - STUDIO 1		
YOGA* 6:30 PM - 7:45 PM REMEDIOS - STUDIO 1	YOGA 6:00 PM- 6:55 PM DENISE - STUDIO 1	Meditation & Relaxation 5:00 PM - 5:55 PM LISSA - STUDIO 1	Lean Mean Senior Machine 1:00 PM - 1:45 PM ANGELA- STUDIO 1	YOGA* 6:00 PM - 7:10 PM LISSA - STUDIO 1		
		YOGA* 6:00 PM - 7:10 PM LISSA - STUDIO 1	Meditation 5:00-5:55 PM EMILY -STUDIO 1			
		PILATES FUSION* 7:15 PM- 8:10 PM ANGELA - STUDIO 1	YOGA FLOW 6:00-6:55 PM EMILY -STUDIO 1			

STUDIO 2

CYCLING 6:00 AM - 6:55 AM TOM- STUDIO 2	LES MILLS GRIT 5:30 AM - 6:00 AM DARLENE - STUDIO 2	LES MILLS BODY PUMP 5:45 AM - 6:40 AM DARLENE - STUDIO 2	LES MILLS GRIT 5:30 AM - 6:00 AM DARLENE - STUDIO 2	CYCLING 6:00 AM - 6:55 AM HEATHER S - STUDIO 2		
INTERVAL BLAST 7:00 AM - 7:55 AM LAUREN - STUDIO 2		INTERVAL BLAST 7:00 AM - 7:55 AM LAUREN - STUDIO 2			CYCLING* 7:30 AM - 8:25 AM TOM - STUDIO 2	
THE MINUTE BLAST* 8:30 AM - 9:25 AM JENNY - STUDIO 2	LES MILLS BODY PUMP 8:15 AM - 9:10 AM HEATHER S - STUDIO 2	CYCLE HIIT 8:00 AM - 8:35 AM JUDY - STUDIO 2	LES MILLS BODY PUMP* 8:15 AM - 9:10 AM JUDY- STUDIO 2	H.I.I.T. 8:30 AM - 9:25 AM JENNY - STUDIO 2	STEP & ABS* 8:30 AM - 9:25 AM MAUREEN - STUDIO 2	CYCLING* 8:15 AM - 9:10 AM STACEY - STUDIO 2
BUTTS 'N GUTS PLUS* 9:30 AM - 10:25 AM JENNY - STUDIO 2	CYCLING 9:30 AM - 10:25 AM HEATHER S - STUDIO 2	LES MILLS CXWORX* 8:45 AM - 9:15 AM ALISON - STUDIO 2	CYCLING 9:30 AM - 10:25 AM MARILYN - STUDIO 2	CYCLING* 9:30 AM - 10:25 AM JUDY- STUDIO 2	LES MILLS BODY PUMP* 9:30 AM - 10:25 AM LORI/MARILYN STUDIO 2	BOOT CAMP 9:25 AM - 10:20 AM LORI - STUDIO 2
ZUMBA* 10:35 AM - 11:30 AM CINDY - STUDIO 2	ZUMBA STRONG* 10:35 AM - 11:30 AM CHRISTINE - STUDIO 2	HIIT 9:25 AM - 10:20 AM JUDY - STUDIO 2	DANCE MIX 10:30 AM - 11:25 AM MARGOT - STUDIO 2	LES MILLS BODY PUMP* 10:30 AM - 11:25 AM HEATHER S - STUDIO 2	LES MILLS GRIT* 10:30 AM - 11:00 AM LORI/MARILYN STUDIO 2	LES MILLS BODY PUMP* 10:30 AM - 11:25 AM LORI- STUDIO 2
ZUMBA GOLD 12:00 PM - 12:45 PM CHRISTINE - STUDIO 2	LES MILLS BODY PUMP* 5:00 PM - 5:55 PM TAMARA - STUDIO 2	KICKBOXING* 10:30 AM - 11:25 AM AMY - STUDIO 2		SENIOR FITNESS PLUS 12:00 PM - 12:45 PM Angela- STUDIO 2		BELLY DANCING* 11:45 AM - 12:40 PM ERYKA - STUDIO 2
ZUMBA TONING* 5:00 PM - 5:55 PM CHRISTINE - STUDIO 2	ZUMBA* 6:00 PM- 6:55 PM ALETA - STUDIO 2	Zumba* 11:30 AM - 12:25 PM MEG - STUDIO 2			ZUMBA* 11:15 AM - 12:10 PM CHRISTINE/ERYKA STUDIO 2	
CYCLING* 6:00 PM - 6:55 PM Judy - STUDIO 2	STEP & PUMP* 7:00 PM - 7:55 PM MAUREEN - STUDIO 2	CORE CYCLE* 5:45 PM - 6:40 PM JUDY - STUDIO 2				
LES MILLS GRIT* 7:00 PM - 7:30 PM MARILYN - STUDIO 2	CXWORX 7:30-8:00 PM JODI - STUDIO 2		STEP AND PUMP* 7:00 PM -7:55 PM MAUREEN-STUDIO 2			
LES MILLS BODY PUMP* 7:35 PM - 8:30 PM MARILYNSTUDIO 2	CYCLING* 8:05 PM - 9:00 PM TOM - STUDIO 2					

