



GROUP FITNESS SCHEDULE

FALL I: September 4 - October 28, 2018

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
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	CYCLING 7:30 AM - 8:25 AM TOM - STUDIO 2	PILATES 7:30 AM - 8:25 AM ANGELA - STUDIO 1
INTERVAL BLAST 7:00 AM - 7:55 AM LAUREN - STUDIO 2	PILATES MAT 7:00 AM - 7:55 AM LAUREN - STUDIO 1	INTERVAL BLAST 7:00 AM - 7:55 AM LAUREN - STUDIO 2	WILLPOWER IGNITE 6:00 AM - 6:55 AM HEIDI - STUDIO 1	PILATES MAT 7:00 AM - 7:55 AM LAUREN - STUDIO 1	STEP & ABS 8:30 AM - 9:25 AM MAUREEN - STUDIO 2	CYCLING 8:15 AM - 9:10 AM STACEY - STUDIO 2
YOGA 8:15 AM - 9:25 AM LISSA - STUDIO 1	YOGA 8:15 AM - 9:25 AM REMEDIOS - STUDIO 1	CYCLE HIIT 8:00 AM - 8:35 AM JUDY - STUDIO 2	PILATES MAT 7:00 AM - 7:55 AM LISSA - 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	YOGA 8:30 AM - 9:25 AM SCOTT STUDIO 1
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	GENTLE RESTORATIVE YOGA 8:00 AM - 8:55 AM HEATHER N. - STUDIO 1	YOGA 8:15 AM - 9:25 AM REMEDIOS - STUDIO 1	H.I.I.T. 8:30 AM - 9:25 AM JENNY - STUDIO 2	PILATES FUSION 9:15 AM - 10:10 AM JODI/ALISON - STUDIO 1	BOOT CAMP 9:25 AM - 10:20 AM LORI - 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	LES MILLS BODY PUMP 8:15 AM - 9:10 AM JUDY- STUDIO 2	TWICE AS FIT 9:30 AM - 10:25 AM JUDY- STUDIO 2	LES MILLS BODY PUMP 9:30 AM - 10:25 AM LORI/MARILYN STUDIO 2	PILATES 9:30 AM - 10:25 AM LAUREN - 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	HIIT 9:25 AM - 10:20 AM JUDY - STUDIO 2	CYCLING 9:30 AM - 10:25 AM MARILYN - STUDIO 2	PILATES PLUS 9:30 AM - 10:25 AM HEATHER S - STUDIO 1	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
SENIOR STRENGTH STRETCH & BALANCE 10:00 AM - 10:45 AM KIM - GYMNASIUM	BOOTY BARRE 10:30 AM - 11:25 AM JODI - STUDIO 1	YOGA 201 9:30 AM - 10:25 AM CHERIE - STUDIO 1	YOGA 9:30 AM - 10:25 AM CHERIE - STUDIO 1	SAMBA BELLY FITNESS 10:30 AM - 11:25 AM ERYKA - STUDIO 1	LES MILLS BODY PUMP 10:30 AM - 11:25 AM HEATHER S - STUDIO 2	GENTLE YOGA 10:30 AM - 11:45 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	BELLY DANCING 10:30 AM - 11:25 AM ERYKA - STUDIO 1	FLEX AND SCULPT 10:30 AM - 11:25 AM LISSA - STUDIO 1	LES MILLS BODY PUMP 10:30 AM - 11:25 AM HEATHER S - STUDIO 2	YOGA PREP 10:30 AM - 10:55 AM REMEDIOS - STUDIO 1	BELLY DANCING 11:45 AM - 12:40 PM ERYKA - STUDIO 2
ZUMBA 10:35 AM - 11:30 AM CINDY - STUDIO 2	ARTHRITIS FITNESS 12:30 PM - 1:25 PM SONYA - STUDIO 1	SENIOR FITNESS 11:00 AM - 11:45 AM JACKIE- GYMNASIUM	ZUMBA 10:35 AM - 11:30 AM CINDY - STUDIO 2	SENIOR FITNESS 11:00 AM - 11:45 AM ANGELA - GYMNASIUM	YOGA 11:00 AM - 12:15 PM REMEDIOS - STUDIO 1	
SENIOR FITNESS 11:00 AM - 11:45 AM KIM- GYMNASIUM	MEDITATION & RELAXATION 1:30 PM - 2:25 PM LISSA - 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	GENTLE RESTORATIVE YOGA 12:00-12:55 CHERIE - STUDIO 1	ZUMBA 11:15 AM - 12:10 PM CHRISTINE/ERYKA 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	ZUMBA GOLD 12:00 PM - 12:45 PM CHRISTINE - STUDIO 2	Lean Mean Senior Machine 1:00 PM - 1:45 PM ANGELA- STUDIO 1	SENIOR FITNESS PLUS 12:00 PM - 12:45 PM ANGELA- STUDIO 2		
GENTLE YOGA 12:15PM-1:10 PM LISSA - STUDIO 1	ZUMBA 6:00 PM- 6:55 PM ALETA - STUDIO 2	MEDITATION & RELAXATION 5:00 PM - 6:00 PM DENISE - STUDIO 1	LES MILLS GRIT 5:30-6:00 PM LORI - STUDIO 2			
ZUMBA TONING 5:00 PM - 5:55 PM CHRISTINE - STUDIO 2	YOGA 6:00 PM- 6:55 PM DENISE - STUDIO 1	CORE CYCLE 5:45 PM - 6:40 PM JUDY - STUDIO 2	RESTORATIVE YOGA 5:30-6:00PM EMILY -STUDIO 1			
CYCLING 6:00 PM - 6:55 PM JUDY - STUDIO 2	STEP AND PUMP 7:00 PM -7:55 PM MAUREEN-STUDIO 2	YOGA 6:00 PM - 7:10 PM DENISE - STUDIO 1	YOGA 6:00-7:10PM EMILY -STUDIO 1			
YOGA 6:30 PM - 7:45 PM REMEDIOS - STUDIO 1	CXWORX 7:30 PM -8:00 PM JODI/ALISON-STUDIO 1		LES MILLS BODY PUMP 6:00-6:55 PM LORI - STUDIO 2			
LES MILLS GRIT 7:00 PM - 7:30 PM LORI/MARILYN - STUDIO 2	CYCLING 8:05 PM - 9:00 PM TOM - STUDIO 2		STEP AND PUMP 7:00 PM -7:55 PM MAUREEN-STUDIO 2			
LES MILLS BODY PUMP 7:35 PM - 8:30 PM LORI/MARILYN - STUDIO 2			PILATES FUSION 7:10 PM -8:05 PM ANGELA - STUDIO 1			