

# GROUP FITNESS SCHEDULE



Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
6:00 AM Cycle	E.S.P.Cycle Kellie/45	5:45 AM Group Ex	Fit Ball Karen J.	6:00 AM Cycle	E.S.P. Cycle Kellie/45	5:45 AM Group Ex	Triple Play Karen J.	6:00 AM Group Ex	Zumba Sylvia	8:00 AM Group Ex	Metabolic Meltdown Kietty
6:45 AM Group Ex	Fit Ball Karen J./45	6:00 AM Cycle	Cycle Beth/45	6:45 AM Group Ex	Fit Ball Karen J./45	6:00 AM Cycle	Cycle Beth/45	8:00 AM Cycle	Cycle Fit Karen J.	8:30 AM Yoga	Yoga 1-3 Rod/85
7:45 AM Cycle	Cycle Karen J./45	6:30 AM Yoga	Mat Pilates Robin(65)	7:45 AM Cycle	Cycle Karen J./45	6:30 AM Yoga	Mat Pilates Robin(65)	8:00 AM Yoga	Barre Tamalyn	9:30 AM Pool	Alternating Aqua Rotate Instructor
8:00 AM Yoga	Barre Tamalyn	8:30 AM Yoga	Yoga 1 CJ	9:00 AM Group Ex	Cardio/Core Jen	8:30 AM Yoga	Yoga 1 CJ	9:00 AM Yoga	Restorative Yoga Tamalyn	10:00 AM Group Ex	Zumba Trina
9:00 AM Yoga	Restorative Yoga Tamalyn	9:00 AM Group Ex	Body Conditioning Juli	9:00 AM Yoga	Mat Pilates CJ	9:00 AM Group Ex	Triple Play Juli	9:00 AM Group Ex	Core & More Michele L.	Sunday	
9:45 AM Group Ex	HITT Blast Jen	10:00 AM Yoga	Yoga 1-3 CJ/85	9:30 AM Pool	Aqualite Marian/75	10:00 AM Yoga	Yoga 1-3 CJ/85	9:30 AM Pool	Aqualite Marion/75	8:00 AM Group Ex	Metabolic Meltdown Kietty
9:30 AM Pool	Aqualite Marian/75	12:00 PM Group Ex	Pilates Ball CJ	10:00 AM Group Ex	Fit Ball Karen J./45	12:00 PM Group Ex	Zumba Sylvia	11:15 AM Cycle	Cycle Michele H./45	9:00 AM Group Ex	Zumba Rachel
10:00 AM Yoga	Yoga 1-3 Rod/85	12:15 PM Cycle	Cycle Chrissy	11:15 AM Cycle	Cycle Michele H./45	12:00 PM Yoga	Yoga 1 CJ	12:15 PM Group Ex	RIP Michele H.	9:15 AM Pool	Aqua Blast Kietty
11:15 AM Cycle	Cycle Karen J./45	4:30 PM Cycle	Cycle Karen J./45	12:00 PM Yoga	Power Yoga CJ	12:15 PM Cycle	Cycle Chrissy/45	5:00 PM Group Ex	Zumba David	9:30 AM Cycle	Cycle Beth
12:00 PM Yoga	Yoga CJ	5:15 PM Group Ex	Zumba Toning Priscilla	12:15 PM Group Ex	RIP Michele H./45	4:30 PM Cycle	Cycle Karen J./45				
12:00 PM Group Ex	Zumba Toning Priscilla	6:15 PM Group Ex	Zumba Rachel	5:00PM Cycle	Adventure Ride Maria(50)	5:15 PM Group Ex	Zumba David				
4:30 PM Group Ex	P90X Sylvia	6:15 PM Pool	Aqua Zumba Jeannine	4:30 PM Group Ex	P90X Sylvia	6:15 PM Group Ex	Body Conditioning Michele				
5:45 PM Group Ex	Zumba David	7:00 PM Yoga	Yoga 1 Susheela	5:30 PM Group Ex	Pound Priscilla(45)	6:15 PM Pool	Aqua Zumba Jeannine				
6:00 PM Cycle	E.S.P.Cycle Kellie	*Class Changes/ New Classes		6:00 PM Cycle	Burn Zone Cycle Maria	7:00 PM Yoga	Yoga 1 Susheela				
7:00 PM Yoga	Yoga 1-3 Joann/85			6:15 PM Group Ex	Zumba Trina						

### Pilates Reformer Schedule

Monday	Tuesday	Thursday	Saturday
9:00 AM Beginning	10:00 AM Level I/II	10:00 AM Level I/II	10:00 AM Level I/II
	& 6:00 PM Beginning		
Robin	Robin	Robin	Robin