

GROUP FITNESS SCHEDULE



Monday		Tuesday		Wednesday		Thursday		Friday		Saturday																			
6:00 AM	E.S.P.Cycle	5:45 AM	Fit Ball	6:00 AM	E.S.P. Cycle	5:45 AM	Triple Play	6:00 AM	Zumba	8:00 AM	Metabolic Meltdown																		
Cycle	Kellie/45	Group Ex	Karen J.	Cycle	Kellie/45	Group Ex	Karen J.	Group Ex	Sylvia	Group Ex	Kietty																		
6:45 AM	Fit Ball	6:00 AM	Cycle	6:45 AM	Fit Ball	6:00 AM	Cycle	8:00 AM	Cycle Fit	8:30 AM	Yoga 1-3																		
Group Ex	Karen J./45	Cycle	Beth/45	Group Ex	Karen J./45	Cycle	Beth/45	Cycle	Karen J.	Yoga	Rod/85																		
7:45 AM	Cycle	6:30 AM	Mat Pilates	7:45 AM	Cycle	6:30 AM	Mat Pilates	8:00 AM	Barre	9:30 AM	Alternating Aqua																		
Cycle	Karen J./45	Yoga	Robin(65)	Cycle	Karen J./45	Yoga	Robin(65)	Yoga	Tamalyn	Pool	Rotate Instructor																		
8:00 AM	Barre	8:30 AM	Yoga 1	9:00 AM	Cardio/Core	8:30 AM	Yoga 1	9:00 AM	Restorative Yoga	10:00 AM	Zumba																		
Yoga	Tamalyn	Yoga	CJ	Group Ex	Jen	Yoga	CJ	Yoga	Tamalyn	Group Ex	Trina																		
9:00 AM	Restorative Yoga	9:00 AM	Body Conditioning	9:00 AM	Mat Pilates	9:00 AM	Triple Play	9:00 AM	Core & More	Sunday																			
Yoga	Tamalyn	Group Ex	Juli	Yoga	CJ	Group Ex	Juli	Group Ex	Michele L.																				
9:45 AM	HITT Blast	10:00 AM	Yoga 1-3	9:30 AM	Aqualite	10:00 AM	Yoga 1-3	9:30 AM	Aqualite	8:00 AM	Metabolic Meltdown																		
Group Ex	Jen	Yoga	CJ/85	Pool	Marian/75	Yoga	CJ/85	Pool	Marion/75	Group Ex	Kietty																		
9:30 AM	Aqualite	12:00 PM	Pilates Ball	10:00 AM	Fit Ball	12:00 PM	Urban Kick	11:15 AM	Cycle	9:00 AM	Zumba																		
Pool	Marian/75	Group Ex	CJ	Group Ex	Karen J./45	Group Ex	Jen	Cycle	Michele H./45	Group Ex	Rachel																		
10:00 AM	Yoga 1-3	12:15 PM	Cycle	11:15 AM	Cycle	12:00 PM	Yoga 1	12:15 PM	RIP	9:15 AM	Aqua Blast																		
Yoga	Rod/85	Cycle	Chrissy	Cycle	Michele H./45	Yoga	CJ	Group Ex	Michele H.	Pool	Kietty																		
11:15 AM	Cycle	4:30 PM	Cycle	12:00 PM	Power Yoga	12:15 PM	Cycle	5:00 PM	Zumba	9:30 AM	Cycle																		
Cycle	Karen J./45	Cycle	Karen J./45	Yoga	CJ	Cycle	Chrissy/45	Group Ex	David	Cycle	Beth																		
12:00 PM	Yoga	5:15 PM	Zumba Toning	12:15 PM	RIP	4:30 PM	Cycle	<table border="1"> <caption>Pilates Reformer Schedule</caption> <thead> <tr> <th>Monday</th> <th>Tuesday</th> <th>Thursday</th> <th>Saturday</th> </tr> </thead> <tbody> <tr> <td>9:00 AM</td> <td>10:00 AM</td> <td>10:00 AM</td> <td>10:00 AM</td> </tr> <tr> <td>Beginning</td> <td>Level I/II</td> <td rowspan="2">Level I/II</td> <td rowspan="2">Level I/II</td> </tr> <tr> <td></td> <td>& 6:00 PM Beginning</td> </tr> <tr> <td>Robin</td> <td>Robin</td> <td>Robin</td> <td>Robin</td> </tr> </tbody> </table>				Monday	Tuesday	Thursday	Saturday	9:00 AM	10:00 AM	10:00 AM	10:00 AM	Beginning	Level I/II	Level I/II	Level I/II		& 6:00 PM Beginning	Robin	Robin	Robin	Robin
Monday	Tuesday	Thursday	Saturday																										
9:00 AM	10:00 AM	10:00 AM	10:00 AM																										
Beginning	Level I/II	Level I/II	Level I/II																										
	& 6:00 PM Beginning																												
Robin	Robin	Robin	Robin																										
Yoga	CJ	Group Ex	Priscilla	Group Ex	Michele H./45	Cycle	Karen J./45																						
12:00 PM	Zumba Toning	6:15 PM	Zumba	4:30 PM	P90X	5:15 PM	Zumba																						
Group Ex	Priscilla	Group Ex	Rachel	Group Ex	Sylvia	Group Ex	David																						
4:30 PM	P90X	6:15 PM	Aqua Zumba	5:30 PM	Pound	6:15 PM	Body Conditioning																						
Group Ex	Sylvia	Pool	Jeannine	Group Ex	Priscilla(45)	Group Ex	Michele																						
5:45 PM	Zumba	7:00 PM	Yoga 1	5:30 PM	Burn Zone Cycle	6:15 PM	Aqua Zumba																						
Group Ex	David	Yoga	Susheela	Cycle	Maria	Pool	Jeannine																						
6:00 PM	E.S.P.Cycle			6:15 PM	Zumba	7:00 PM	Yoga 1																						
Cycle	Kellie			Group Ex	Trina	Yoga	Susheela																						
7:00 PM	Yoga 1-3	<table border="1"> <tr> <td colspan="2">*Class Changes/ New Classes</td> </tr> </table>		*Class Changes/ New Classes																									
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Yoga	Joann/85																												