

GROUP FITNESS SCHEDULE



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

***Class Changes/
New Classes**

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