



# 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(85)	Group Ex	Trina
9:00 AM	Restorative Yoga	9:00 AM	Body Conditioning	9:00 AM	Mat Pilates	9:00 AM	Body Conditioning	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				
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	Barre	6:15 PM	Body Conditioning				
Group Ex	Sylvia	Pool	Jeannine	Yoga	Priscilla	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										
Yoga	Joann/85										

**\*Class Changes/  
New Classes**

### Pilates Reformer Schedule

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	Special Event 6pm	
Robin	Robin	Robin	Robin