

# GROUP EXERCISE *schedule changes four times per year to meet the needs of members - suggestions are welcome*

## Monday

### MORNING

5:30 SPIN Cathy/Regina (S)  
 5:30 THE BAR Pat M (AB)  
 8:45 PILATES  
 Christine L (AB) 45 min  
 9:30 SPIN Jill (S)  
 9:30 STEP INTERVAL  
 Kristy (C)  
 9:30 BANDS, BALLS, BELLS  
 Sheryl (AB)  
 10:30 CORE CONDITIONING  
 Sheryl (AB) 30 min  
 11:00 THE BAR Suzanne (A)  
 11:00 LITE BAR Sandy (B)  
 11:15 RESTORATIVE YOGA  
 Teresa (C) 60 min

### AFTERNOON

12:30 THE LIGHTER SIDE  
 Sandy (N)  
 1:00 OUT OF THE PARK  
 Chris (C) \$  
 4:00 BODY SHRED  
 Michele (AB)  
 5:00 WEIGHT TRAINING  
 Laney (AB)  
 5:30 KICKBOXING  
 Sam/Claire (C)  
 6:00 ZUMBA Julie (AB)  
 6:30 THE BAR Sandy (C)  
 7:00 PILATES Julie (AB)  
 45min

## Tuesday

### MORNING

5:30 CARDIO CIRCUIT  
 Gary (C)  
 8:30 ZUMBA Nicole (C)  
 8:30 URBAN REBOUNding  
 Dee (AB)  
 9:30 C.S.I. Sam (C)  
 9:30 SPIN Kristy (S)  
 9:30 WEIGHT TRAINING  
 Dee (AB)  
 10:30 BUTTS & GUTTS  
 Dee (B) 30 min  
 10:30 PILATES Sheryl (A)  
 45 min

### AFTERNOON

4:15 URBAN REBOUNding  
 Karen (AB)  
 5:15 WEIGHT TRAINING  
 Marci (AB)  
 5:15 POWER VINYASA  
 FLOW YOGA Alicia (C)  
 60 min  
 6:15 PILATES  
 Nicole (AB) 45 min  
 6:15 SPIN Marci (S)  
 6:15 KICKBOXING  
 Candie (C)  
 7:15 YOGA FUSION  
 Teresa (C) 60 min  
 7:15 ZUMBA  
 Deeanna (AB)

## Wednesday

### MORNING

5:30 SPIN Amy (S)  
 5:30 THE BAR Pat M (AB)  
 8:00 HATHA YOGA Laurie (C)  
 60 min  
 8:15 THE BAR Alex (AB)  
 9:15 BODY SHRED  
 Kristy (B)  
 9:15 DANCE AEROBICS  
 Dee (A)  
 9:30 S.L.A.M. Laney (C)  
 9:30 SPIN Jo Ann (S)  
 10:15 SLOW FLOW  
 YOGA Teresa (B) 60 min  
 10:30 WEIGHT TRAINING  
 Laney (C)  
 10:30 LITE BAR Alex (A)  
 11:30 CHAIR YOGA  
 Carolyn (B) 60 min

### AFTERNOON

4:15 F.I.T Marci (C)  
 4:45 BIKINI BLASTER  
 Julie (AB) 45 min  
 5:30 BREAK IT DOWN  
 Julie (B) 45 min  
 5:30 SPIN Karen (S)  
 5:30 TRX CARDIO Michele (A)  
 6:30 ZUMBA Nicole (AB)

## Thursday

### MORNING

5:30 TRX CARDIO  
 Gary (AB)  
 5:30 YOGA LATTES  
 Regina (C)  
 60 min  
 7:45 STRETCH &  
 STRENGTHEN CORE  
 Christine L. (C)  
 45 min  
 8:30 SPIN Jill (S)  
 8:30 THE BAR  
 Christine L (C)  
 8:45 PILATES Julie (AB)  
 45 min  
 9:30 ZUMBA Julie (AB)  
 9:30 TRX BODY Sandy (C)  
 10:30 BANDS, BALLS,  
 BELLS Karen (AB)  
 10:30 ZUMBA GOLD  
 Sandy (C)

### AFTERNOON

12:30 THE LIGHTER SIDE  
 Christine L (N)  
 4:30 TRX BODY  
 Marci (AB)  
 5:30 STEP SHRED  
 Claire (A)  
 5:30 PILATES STRENGTH  
 Nicole (C) 60 min  
 6:00 ZUMBA  
 Besiana (B)  
 5:30 SPIN Marci (S)  
 6:30 WEIGHT TRAINING  
 Claire (A)  
 7:00 HATHA YOGA  
 Gina (C) 60 min

## Friday

### MORNING

5:30 TRIPLE THREAT  
 Amy (AB)  
 8:00 URBAN REBOUNding  
 Laney (AB) 45 min  
 8:30 KICKBOXING  
 Sheryl (C)  
 8:45 WEIGHT TRAINING  
 Laney (AB) 45 min  
 9:30 TRX CARDIO  
 Karen (AB)  
 9:30 SPIN Darlene (S)  
 9:30 THE BAR  
 Christine S (C)  
 10:30 ZUMBA Dee (AB)  
 10:30 PILATES 101  
 Christine S (C) 45 min  
 11:15 RESTORATIVE YOGA  
 Cathi (C) 60 min

### AFTERNOON

1:00 OUT OF THE PARK  
 Chris (C) \$  
 4:30 THE BAR  
 Sandy/JoAnn (C)  
 5:30 ZUMBA Nicole (AB)

## Saturday

### MORNING

7:00 WEIGHT TRAINING  
 Marci (AB)  
 8:00 TRX CARDIO  
 Marci (AB)  
 8:00 SPIN Sue (S)  
 8:00 THE BAR Pat M (C)  
 9:00 CORE CONDITIONING  
 Marci (A) 45 min  
 9:00 BEGINNER STEP  
 Claire (B)  
 9:00 DANCE STEP INTERVAL  
 Michele (C)  
 9:45 SPIN Mia (S)  
 10:00 ZUMBA Rotation (AB)  
 10:00 KICKBOXING Dee (C)  
 11:00 THE BAR Sandy (AB)  
 11:00 HATHA YOGA  
 Abby (C) 60 min

## Sunday

### MORNING

8:00 SPIN Dee (S)  
 8:00 DANCE STEP INTERVAL  
 Regina (A)  
 8:00 S.L.T YOGA Marci (C) \$  
 9:00 PILATES Regina (C)  
 45 min\*  
 9:00 SPIN Marci (S)  
 9:00 ZUMBA Dee (AB)  
 10:00 THE BAR  
 Christine L (C)  
 10:00 TRX CARDIO  
 Sheryl (AB)  
 11:00 HATHA YOGA  
 Christine L. (C) 60 min

10/29/18

\$= ADDITIONAL  
 FEE

SPINNING  
 Sign up at the front  
 desk  
 ADDITIONAL FEE

LOCATION  
 (A) Studio A  
 (B) Studio B  
 (AB) Studio AB  
 (C) Studio C  
 (S) Spinning Room  
 (N) Nursery