

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 Abby (C)
 60 min
 6:15 PILATES
 Nicole (AB) 45 min
 6:15 SPIN Marci (S)
 6:15 KICKBOXING
 Candie (C)
 7:00 ZUMBA *
 Deeanna (AB)
 7:15 YOGA FUSION
 Teresa (C) 60 min

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)

***ZUMBA STRONG
 ON 2ND TUES OF
 MONTH
 **ON 2ND SAT OF
 MONTH ON EXTRA
 WEEKEND
 ***ON LAST SUN
 OF MONTH**

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

**SPINNING
 ADDITIONAL
 FEE**
 Sign up at the front
 desk
\$=PAID CLASSES

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)

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

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

2/25/19