

# GROUP FITNESS STUDIOS

## GROUP FITNESS STUDIO 1

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
REFORMER LEVEL 1 TRAINING 9:30-10:30 a.m. \$66/\$90 <b>M</b> Debbie M.	REFORMER LEVEL 2 TRAINING 9:30-10:30 a.m. \$66/\$90 <b>M</b> Debbie M.	TABLE TOP/TOWER PILATES 9:00-10:00 a.m. \$33/\$45 <b>M</b> Debbie M.	REFORMER LEVEL 2 TRAINING 9:30-10:30 a.m. \$66/\$90 <b>M</b> Debbie M.	PILATES EXO CHAIR SCULPTING 9:00-10:00 a.m. \$33/\$45 <b>M</b> Debbie M.	REFORMER LEVEL 1 TRAINING 7:15-8:15 a.m. \$66/\$90 <b>M</b> Debbie M.
		MAT BASED PILATES 10:00-11:00 a.m. Caroline C. Adventure Center <b>L/M</b>		MAT BASED PILATES 10:00-11:00 a.m. Caroline C. Adventure Center <b>L/M</b>	BODHI SUSPENSION TRAINING 11:30 a.m.-12:30 p.m. \$33/\$45 <b>M</b> Jennifer C. Spinning Room
REFORMER LEVEL 1 TRAINING 5:30-6:30 p.m. \$66/\$90 <b>M</b> Jennifer C.		REFORMER LEVEL 1 TRAINING 10:30-11:30 a.m. \$66/\$90 <b>M</b> Debbie M.	REFORMER LEVEL 2 TRAINING 5:30-6:30 p.m. \$66/\$90 <b>M</b> Jennifer C.		
<b>L</b> GENTLE YOGA 6:30-7:30 p.m. Audrey M. Adventure Center		<b>L</b> YOGA 6:00-7:00 p.m. Kathy F. Adventure Center			

Programs in dark shaded boxes require registration and a fee.

## GROUP FITNESS STUDIO 2

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
METABOLIC FITNESS 5:15-5:45 a.m. <b>H</b> Corky P.	ZUMBA 7:30-8:30 a.m. <b>M/H</b> Kelly S.	METABOLIC FITNESS 5:15-5:45 a.m. <b>H</b> Corky P.	ZUMBA 7:30-8:30 a.m. <b>M</b> Melanie A.	LES MILLS-CXWORX 7:15-7:45 a.m. <b>M/H</b> Marla B.	ZUMBA 8:15-9:15 a.m. <b>M/H</b> Rossana P.
SCULPTING 9:00-10:00 a.m. <b>M/H</b> Margee D.	LES MILLS-BODYPUMP 9:00-10:00 a.m. <b>M/H</b> Eliza R.	SCULPTING 9:00-10:00 a.m. <b>M/H</b> Leona S.	CORE YOGA 9:00-10:00 a.m. <b>L/M</b> Kathy F.	LES MILLS-BODYSTEP 8:00-9:00 a.m. <b>M/H</b> Marla B.	POWER YOGA 9:30-10:30 a.m. <b>M/H</b> Loretta P.
CHAIR YOGA 11:00-11:45 a.m. <b>L</b> Sheri M.	BODY FLEX 11:00 a.m-12:00 p.m. <b>L/M</b> Larry T.		DRUMS ALIVE 10:30-11:15 a.m. <b>M</b> Kathy H.	CARDIO CHALLENGE 9:30-10:30 a.m. <b>M/H</b> Yvonne A.	LES MILLS-BODYPUMP 11:00 a.m-12:00 p.m. <b>M/H</b> Tiffany K.
ACTIVE OLDER ADULT FITNESS 1:00-2:00 p.m. <b>L</b> Linda M.	WALK YOURSELF FIT 1:00-2:00 p.m. <b>L</b> Linda M.	ACTIVE OLDER ADULT FITNESS 1:00-2:00 p.m. <b>L</b> Linda M.	CHAIR YOGA 11:45 a.m.-12:30 p.m. <b>L</b> Sheri M.	AEROBIC SCULPT 11:00 a.m-12:00 p.m. <b>M</b> Larry T.	TAI-RAUCH 1:00-2:00 p.m. <b>L/M</b> Larry T.
MAT BASED PILATES 4:00-5:00 p.m. <b>L/M</b> Barry D.			ACTIVE OLDER ADULT SCULPTING 1:00-2:00 p.m. <b>L</b> Linda M.		
TURBO-KICK 5:30-6:30 p.m. <b>M/H</b> Roseann O.	LES MILLS-CXWORX/TABATA 5:30-6:30 p.m. <b>M/H</b> Hailey R.	STEP 5:30-6:30 p.m. <b>M/H</b> Hailey R.	LES MILLS-BODYPUMP 5:30-6:30 p.m. <b>M/H</b> Eliza R.		
TABATA/INTERVALS 7:00-8:00 p.m. <b>H</b> Kathy R.	LES MILLS-BODYPUMP 7:00-8:00 p.m. <b>M/H</b> Roseann O.	TABATA/INTERVALS 7:00-8:00 p.m. <b>H</b> Kathy R.	ZUMBA 7:00-7:55 p.m. <b>M/H</b> Kelly S.		

Members must register for a spot in class on the MINDBODY App.

Please bring your own water bottle, yoga mat, and towel.

LEVELS: L=Low Intensity M=Medium Intensity H=High Intensity