

# GROUP FITNESS SCHEDULE

## STUDIO 1

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Reformer Level 1 Training 9:30-10:30 am \$66/\$90 <b>M</b> Debbie M.	Reformer Level 2 Training 9:30-10:30 am \$66/\$90 <b>M</b> Debbie M.	Table Top/Tower Pilates 9:00-10:00 am \$33/\$45 <b>M</b> Debbie M.	Reformer Level 2 Training 9:30-10:30 am \$66/\$90 <b>M</b> Debbie M.	Pilates Exo Chair Sculpting 9:00-10:00 am \$33/\$45 <b>M</b> Debbie M.	Reformer Level 1 Training 7:15-8:15 am \$66/\$90 <b>M</b> Debbie M.
		Mat Based Pilates 10:00-11:00 am Caroline C. Adventure Center <b>L/M</b>		Mat Based Pilates 10:00-11:00 am Caroline C. Adventure Center <b>L/M</b>	Bodhi Suspension Training 11:30-12:30 pm <b>M</b> \$33/\$45 Jennifer C. Spinning Room
Reformer Level 1 Training 5:30-6:30 pm \$66/\$90 <b>M</b> Jennifer C.		Reformer Level 1 Training 10:30-11:30 am \$66/\$90 <b>M</b> Debbie M.	Reformer Level 2 Training 5:30-6:30 pm \$66/\$90 <b>M</b> Jennifer C.		
Gentle Yoga 6:30-7:30 pm Audrey M. Adventure Center <b>L</b>		<b>L</b> Yoga 6:00-7:00 pm Kathy F. Adventure Center			

Programs in dark shaded boxes require registration and a fee.

## STUDIO 2

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Metabolic Fitness 5:15-5:45 am <b>H</b> Corky P.	ZUMBA 7:30-8:30 am <b>M/H</b> Kelly S.	Metabolic Fitness 5:15-5:45 am <b>H</b> Corky P.	ZUMBA 7:30-8:30 am <b>M</b> Melanie A.	LES MILLS-CXWORX 7:15-7:45 am <b>M/H</b> Marla B.	ZUMBA 8:15-9:15 am <b>M/H</b> Rosanna P.
Sculpting 9:00-10:00 am <b>M/H</b> Margee D.	LES MILLS-BODYPUMP 8:00-9:00 am <b>M/H</b> Eliza R.	Sculpting 9:00-10:00 am <b>M/H</b> Leona S.	Core Yoga 9:00-10:00 am <b>L/M</b> Kathy F.	LES MILLS-BODYSTEP 8:00-9:00 am <b>M/H</b> Marla B.	Power Yoga 9:30-10:30 am <b>M/H</b> Loretta P.
Chair Yoga 11:00-11:45 am <b>L</b> Sheri M.	Body Flex 11:00-12:00 pm <b>L/M</b> Larry T.	Drums Alive 10:30-11:30 am <b>M</b> Kathy H.	Chair Yoga 11:00-11:45 am <b>L</b> Sheri M.	Cardio Challenge 9:30-10:30 am <b>M/H</b> Yvonne A.	LES MILLS-BODYPUMP 11:00-12:00 pm <b>M/H</b> Tiffany K.
Active Older Adult Fitness 1:00-2:00 pm <b>L</b> Linda M.	Walk Yourself Fit 1:00-2:00 pm <b>L</b> Linda M.	Active Older Adult Fitness 1:00-2:00 pm <b>L</b> Linda M.	Active Older Adult Fitness 1:00-2:00 pm <b>L</b> Linda M.	Aerobic Sculpt 11:00 am-12:00 pm <b>M</b> Larry T.	Tai-Rauch 1:00-2:00 pm <b>L/M</b> Larry T.
Mat Based Pilates 4:00-5:00 pm <b>L/M</b> Barry D.					
Turbo Kick 5:30-6:30 pm <b>M/H</b> Roseann O.	LES MILLS-CXWORX/Tabata 5:30-6:30 pm <b>M/H</b> Hailey R.	Step 5:30-6:30 pm <b>M/H</b> Hailey R.	LES MILLS-BODYPUMP 5:30-6:30 pm <b>M/H</b> Eliza R.		
Tabata/Intervals 7:00-8:00 pm <b>H</b> Kathy R.	LES MILLS-BODYPUMP 7:00-8:00 pm <b>M/H</b> Roseann O.	Tabata/Intervals 7:00-8:00 pm <b>H</b> Kathy R.	ZUMBA 7:00-7:55 pm <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