

GROUP FITNESS SCHEDULE

STUDIO 1

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Reformer Level 1 Training 9:30-10:30 am \$66/\$90 M Debbie M.	Reformer Level 2 Training 9:30-10:30 am \$66/\$90 M Debbie M.	Table Top/Tower Pilates 9:00-10:00 am \$33/\$45 M Debbie M.	Reformer Level 2 Training 9:30-10:30 am \$66/\$90 M Caroline C.	Pilates Exo Chair Sculpting 9:00-10:00 am \$33/\$45 M Debbie M.	
AOA Reformer Training 11:00-12:00 pm \$66/\$90 M Debbie M.		Mat Based Pilates 10:00-11:00 am Caroline C. Adventure Center L/M		Mat Based Pilates 10:00-11:00 am Caroline C. Adventure Center L/M	Bodhi Suspension Training 11:30-12:30 pm \$33/\$45 M Jennifer C. Spinning Room
Reformer Level 1 Training 5:30-6:30 pm \$66/\$90 M Jennifer C.		Reformer Level 1 Training 10:30-11:30 am \$66/\$90 M Debbie M.	Reformer Level 2 Training 5:30-6:30 pm \$66/\$90 M Jennifer C.		
	Mat Based Pilates L/M 5:30-6:30 pm Caroline C. Adventure Center	Reformer Level 2 Training 5:30-6:30 pm \$66/\$90 M Caroline C.	Mat Based Pilates L/M 5:30-6:30 pm Caroline C. Adventure Center		
L Gentle Yoga 6:30-7:30 pm Audrey M. Adventure Center		L 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 H Corky P.	ZUMBA 7:30-8:30 am Kelly S. M/H	Metabolic Fitness 5:15-5:45 am H Corky P.	ZUMBA 7:30-8:30 am Melanie A. M	LES MILLS-CORE 7:15-7:45 am Marla B. M/H	ZUMBA 8:15-9:15 am Rosanna P. M/H
Sculpting 9:00-10:00 am Margee D. M/H	LES MILLS-BODYPUMP 9:00-10:00 am Eliza R. M/H	LES MILLS-BODYSTEP 7:45-8:45 am Marla B. M/H	LES MILLS-BODYPUMP 9:00-10:00 am Eliza R. M/H	LES MILLS-BODYSTEP 8:00-9:00 am Marla B. M/H	Power Yoga 9:30-10:30 am Loretta P. M/H
Chair Yoga 11:00-11:45 am Sheri M. L	Body Flex 11:00-12:00 pm Larry T. L/M	Sculpting 9:00-10:00 am Leona S. M/H	Core Yoga 10:30-11:30 am Kathy F. L/M	Cardio Challenge 9:30-10:30 am Yvonne A. M/H	LES MILLS-BODYPUMP 11:00-12:00 pm M/H Tiffany K.
Active Older Adult Fitness 1:00-2:00 pm L Linda M.	Walk Yourself Fit 1:00-2:00 pm L Linda M.	Drums Alive 10:30-11:30 am Kathy H. M	Chair Yoga 11:45-12:30 pm Sheri M. L	Aerobic Sculpt 11:00-12:00 pm Larry T. M	Tai-Rauch 1:00-2:00 pm L/M Larry T.
Mat Based Pilates 4:00-5:00 pm L/M Barry D.		Active Older Adult Fitness 1:00-2:00 pm L Linda M.	Active Older Adult Sculpting 1:00-2:00 pm L Linda M.	Line Dancing 1:00-2:00 pm L Helen W.	
Turbo Kick 5:30-6:30 pm Roseann O. M/H	LES MILLS-Core/Tabata 5:30-6:30 pm Hailey R. M/H	Step 5:30-6:30 pm Hailey R. M/H	LES MILLS-BODYPUMP 5:30-6:30 pm Tiffany K. M/H		
Tabata/Intervals 7:00-8:00 pm H Kathy R.	LES MILLS-BODYPUMP 7:00-8:00 pm Roseann O.	Tabata/Intervals 7:00-8:00 pm H Kathy R.	ZUMBA 7:00-7:55 pm M/H Kelly S.		

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

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

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