


GROUP FITNESS SCHEDULE

STUDIO 1

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Barre 7:00-7:45 am M/H Debbie M.	Mat Based Pilates 7:00-8:00 am M/H Debbie M.	Barre 7:00-7:45 am M/H Debbie M.			
Reformer Level 2 Training 8:00-9:00 am \$75/\$100 M Debbie M.		Hatha Yoga 8:15-9:15 am L Sheri M.	Low-Impact Tabata 8:30-9:30 am L/M Teresa S.	Pilates Exo Chair Sculpting 8:00-9:00 am \$40/\$50 M Debbie M.	Reformer Level 1 Training 8:00-9:00 am \$65/\$85 L/M Jennifer C.
Reformer Level 1 Training 9:30-10:30 am \$75/\$100 L/M Debbie M.		Reformer Level 2 9:30-10:30 am \$75/\$100 M Debbie M.		Mat Based Pilates 9:30-10:30 am M/H Debbie M.	
AOA Reformer Training 11:00-12:00 pm \$75/\$100 L Debbie M.	Body Flex 11:00 - 12:00 pm L/M Larry T.	AOA Reformer Training 11:00-12:00 pm \$75/\$100 L Debbie M.		Reformer Level 1 Training 11:00-12:00 pm \$65/\$85 L/M Debbie M.	Bodhi Suspension Training 11:30-12:30 pm \$40/\$50 M Jennifer C. (Spinning Room)
Reformer Level 1 Training 5:30-6:30 pm \$75/\$100 L/M Jennifer C.	Vinyasa Yoga 5:30-6:30 pm M/H Jenny G.		Reformer Level 2 Training 5:30-6:30 pm \$75/\$100 M Jennifer C.	<div style="border: 1px solid black; padding: 5px; text-align: center;"> <p>Programs in dark shaded boxes require a registration fee.</p> <p>Interested in becoming a Group Exercise Instructor?</p> <p>APPLY HERE </p> </div>	
Gentle Yoga 6:45-7:45 pm L Audrey M.		Yoga 6:00-7:00 pm L Kathy F.	Reformer Level 1 Training 6:45-7:45 pm \$75/\$100 L/M Jennifer C.		

Please arrive 10-15 minutes early to ensure your spot in class.

STUDIO 2

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Functional Strength/HIIT 6:00-6:30 am H Corky P.	ZUMBA 7:30-8:30 am M Kelly S.	Functional Strength/HIIT 6:00-6:30 am H Corky P.	DANCE CARDIO 7:30-8:30 am M Melanie A.	LES MILLS-CORE 7:15-7:45 am M/H Marla B.	LES MILLS- BODYPUMP 45 7:15-8:00am M/H Various
Cardio/Sculpt 7:45-8:45 am M/H Yvonne G.	LES MILLS- BODYPUMP 9:00-10:00 am M/H Eliza R.	LES MILLS- BODYSTEP 7:45-8:45 am M/H Marla B.	LES MILLS- BODYPUMP 9:00-10:00 am M/H Eliza R.	LES MILLS- BODYSTEP 8:00-9:00 am M/H Marla B.	ZUMBA 8:15-9:15 am M/H Rossana P.
LES MILLS CORE/FLEXIBILITY 9:00-10:00 am M/H Eliza R.	Drums Alive 10:15-11:15 am M/H Ali J.	Sculpting 9:00-10:00 am M/H Leona S.	Meditative Yoga 10:15-11:15 am L/M Kathy F.	Cardio Challenge 9:00-10:0 am M/H Yvonne G.	LES MILLS- BODYPUMP 9:30-10:30 am M/H Tiffany K.
Sculpting 10:15-11:15 am M/H Margee D.	SilverSneakers (Chair) Yoga 11:30-12:15 pm L Sheri M.	Drums Alive 10:15-11:15 am M/H Ali J.	SilverSneakers (Chair) Yoga 11:30-12:15 pm L Sheri M.	Aerobic Sculpt 11:00-12:00 pm M Larry T.	
Active Older Adult Fitness 1:00-2:00 pm L Linda M.	Walk Yourself Fit 1:00-2:00 pm L Linda M.	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.	Tai-Ruach 1:00-2:00 pm L/M Larry T.
	HIGH Fitness 4:30-5:30 pm M/H Jasmine R.			<div style="border: 1px solid black; padding: 10px; text-align: center;"> <p>For class descriptions & updates checkout out our app!</p> <div style="display: flex; justify-content: space-around;">   </div> <div style="display: flex; justify-content: space-around; margin-top: 10px;">   </div> </div>	
LES MILLS- BODYCOMBAT 5:30-6:30 pm M/H Roseann /Hailey	LES MILLS- CORE 5:30-6:15 pm M/H Tiffany K.	LES MILLS- BODYCOMBAT 5:30-6:30 pm M/H Roseann /Hailey	LES MILLS- BODYPUMP 5:30-6:30 pm M/H Tiffany K.		
Tabata/Intervals 7:00-8:00 pm H Kathy R.	LES MILLS- BODYPUMP 6:45-7:45 pm M/H Chrissy J.	Tabata/Intervals 7:00-8:00 pm H Kathy R.	ZUMBA 6:45-7:45 pm M/H Kelly S.		

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