



# GROUP FITNESS SCHEDULE STUDIO 1

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Reformer Level 1 5:45-6:40 am L/M Katie S.	Reformer Level 1 5:45-6:40 am L/M Katie S. ★	Reformer Level 1 5:45-6:40 am L/M Katie S.	<p>Interested in taking Reformer or Bodhi?</p>  <p>REGISTER HERE </p>	
Mat Based Pilates 7:00-7:45 am M/H Debbie M.	Barre 7:00-7:55 am M/H Debbie M.		Barre 7:00-7:55 am M/H Debbie M.	Pilates Exo Chair Sculpting 7:30-8:25 am L Debbie M.	Reformer Level 1 8:00-8:55 am L/M Jennifer C.
SilverSneakers Classic 8:00-8:45 am L Teresa S.	Power Yoga 8:30-9:25 am H Heather C.	Hatha Yoga 8:00-8:55 am L Sheri M.	Low-Impact Tabata 8:30-9:25 am L/M Teresa S.	Reformer Level 1 9:00-9:55 am L/M Debbie M.	Yinvasa Yoga 10:00-10:55 am L/M Erika A.
Reformer Level 2 9:00-9:55 am M Debbie M.		Reformer Level 2 9:30-10:25 am M Debbie M.			
Reformer Level 1 10:30-11:25 am L/M Debbie M.	Reformer Level 1 10:00-10:55 am L/M Heather C.				
AOA Reformer 11:45-12:40 pm L Debbie M.	Body Flex 11:15-12:10 pm L Larry T.	AOA Reformer 11:00-11:55 pm L Debbie M.			Pilates Suspension Training (Bodhi) 11:30-12:25 pm M Jennifer C. (Spinning Room)
Reformer Level 1 5:30-6:25 pm L/M Jennifer C.	Vinyasa Yoga 5:30-6:25 pm M/H Erika A.		Reformer Level 2 5:30-6:25 pm M Jennifer C.	<p>★ ... New Class/ Time Change L ... Low Intensity M ... Medium Intensity H ... High Intensity</p>	
Gentle Yoga 6:45-7:40 pm L Audrey M.		Outdoor Yoga 6:00-6:55 pm L Kathy F. (Turf Field)	Reformer Level 1 6:45-7:40 pm L/M Jennifer C.	<p>Programs in dark shaded boxes require a registration fee.</p>	
<p>Please arrive 10-15 minutes early to ensure your spot in class.</p>					

# GROUP FITNESS SCHEDULE STUDIO 2

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Functional Strength/HIIT 6:00-6:30 am M/H Corky P.		Functional Strength/HIIT 6:00-6:30 am M/H Corky P.		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 7:45-8:40 am M/H Yvonne G.	ZUMBA 7:30-8:25 am M Kelly S.	LES MILLS- BODYSTEP 7:45-8:40 am M/H Marla B.	DANCE CARDIO 7:30-8:25 am M Melanie A.	LES MILLS- BODYSTEP 8:00-8:55 am M/H Marla B.	ZUMBA 8:15-9:10 am M/H Rossana P.
LES MILLS CORE/FLEXIBILITY 9:00-9:55 am M/H Eliza R.	LES MILLS- BODYPUMP 9:00-9:55 am M/H Eliza R.	Sculpting 9:00-9:55 am M/H Leona S.	LES MILLS- BODYPUMP 9:00-9:55 am M/H Eliza R.	Cardio Challenge 9:00-9:55 am M/H Yvonne G.	LES MILLS- BODYPUMP 9:30-10:25 am M/H Tiffany K.
Sculpting 10:15-11:10 am M/H Margee D.	Intro to Kettlebell 10:15-11:10 am M/H Ali J.	Drums Alive 10:15-11:10 am M/H Ali J.	Meditative Yoga 10:15-11:10 am L/M Kathy F.	Mat Based Pilates 10:30-11:25 am M/H Debbie M.	
Reserved for a Wellness Program 11:30-12:45 PM	SilverSneakers (Chair) Yoga 11:30-12:25 pm L Sheri M.	Reserved for a Wellness Program 11:30-12:45 PM	SilverSneakers (Chair) Yoga 11:30-12:25 pm L Sheri M.	Aerobic Sculpt 11:30-12:25 pm M Larry T.	
Active Older Adult Fitness 1:00-1:55 pm L Linda M.	Walk Yourself Fit 1:00-1:55 pm L Linda M.	Active Older Adult Fitness 1:00-1:55 pm L Linda M.	Active Older Adult Sculpting 1:00-1:55 pm L Linda M.	Line Dancing 1:00-1:55 pm L Helen W.	Tai-Ruach 1:00-1:55 pm L/M Larry T.
	HIGH Fitness 4:30-5:25 pm M/H Jasmine R.			<p>For class descriptions &amp; updates checkout our app!</p>   <p>Download on the App Store   GET IT ON Google Play</p>	
LES MILLS- BODYCOMBAT 5:30-6:25 pm M/H Roseann /Hailey	LES MILLS- CORE 5:30-6:15 pm M/H Tiffany K.	LES MILLS- BODYCOMBAT 5:30-6:25 pm M/H Roseann /Hailey	LES MILLS- BODYPUMP 5:30-6:25 pm M/H Tiffany K.		
Tabata/Intervals 7:00-7:55 pm H Kathy R.	LES MILLS- BODYPUMP 6:45-7:40 pm M/H Chrissy J.	Tabata/Intervals 7:00-7:55 pm H Kathy R.	ZUMBA 6:45-7:40 pm M/H Kelly S.		