

GROUP FITNESS STUDIO 1

Spring

April 6- May 17

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Mat Based Pilates 7:00-8:00 am M/H Debbie M	Barre 7:00-7:55 am M/H Debbie M	Yin Yoga 7:15-8:00 am L Sheri M	Barre 7:00-7:55 am M/H Debbie M		Power Yoga 7:00-7:55 am M/H Gina R
Reformer Level 2 8:15-9:10 am M Debbie M	Reformer Level 1 9:00-9:55am L/M Calvin B	Hatha Yoga 8:15-9:10 am L Sheri M	Low Impact Tabata 8:15-9:10 am L/M Susan V.	Reformer Level 1 9:00-9:55 am L/M Erika A	Reformer Level 1 8:30-9:25 am L/M Jennifer C
Reformer Level 1 9:30-10:25 am L/M Debbie M		Reformer Level 2 9:30-10:25am M Debbie M	Reformer Level 1 10:00-10:55 am L/M Debbie M		Yin Yoga 10:00-10:55 am L/M Erika A
AOA Reformer 11:00-11:55 am L Debbie M	Reformer Level 2 11:30-12:25 pm M/H Calvin B	AOA Reformer 11:00-11:55 am L Debbie M	AOA Reformer 11:30-12:25 pm L Debbie M		Reformer Level 2/3 11:15-12:10 pm M/H Calvin B
Reserved for a Wellness Program 1:00-2:30 pm		Reserved for a Wellness Program 1:00-2:30 pm			Bodhi Pilates 10:00-10:55 am M Jennifer C (spinning room)
Reformer Level 1 4:15-5:10 pm L/M Jennifer C				<div style="border: 1px solid black; padding: 10px; border-radius: 15px;"> <p>★ ... New Class/Time Change</p> <p>L ... Low Intensity</p> <p>M ... Medium Intensity</p> <p>H ... High Intensity</p> </div>	
Reformer Level 1 5:30-6:25 pm L/M Jennifer C			Reformer Level 2 5:30-6:25 pm M Jennifer C		
Gentle Yoga 6:45-7:40 pm L Audrey M	Vinyasa Yoga 5:30-6:25 pm M/H Erika A	Yoga 6:00-6:55 pm L Kathy F	Reformer Level 1 6:45-7:40 pm L/M Jennifer C		

GROUP FITNESS STUDIO 2

				Les Mills-Core 7:15-7:45 am M/H Marla B	Les Mills-BodyPump 7:15-8:00 am (45) M/H Marla B
Low Impact Tabata 7:45-8:40 am L/M Susan V.	Zumba 7:30-8:25 am M Kelly S	Les Mills-BodyStep 7:45-8:40 am M/H Marla B	Zumba 7:30-8:25am M Kelly S	Les Mills-BodyStep 8:00-8:55am M/H Marla B	Zumba 8:15-9:10 am M/H Rossana P
Les Mills-Shapes 9:00-9:55am 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	Les Mills-Tone 9:00-9:45 am M/H Laura H	Les Mills-BodyPump 9:30-10:25 am M/H Tiffany K
Sculpting 10:15-11:10 am M/H Margee D	Intro to Strength Training 10:15-11:10 am L/M Calvin B	Drums Alive 10:15-11:10 am M/H Ali J	Mediative Yoga 10:15-11:10 am L/M Kathy F	Mat Based Pilates 10:30-11:25 am M/H Erika A	Les Mills- BodyCombat 10:45-11:15 am M/H Tanna O
Reserved for Wellness Program 11:30-12:45	SilverSneakers Chair Yoga 11:30-12:25 pm L Sheri M	Reserved for Wellness Program 11:30-12:45	SilverSneakers Chair Yoga 11:30-12:25 pm L Sheri M	<div style="border: 1px solid black; padding: 10px; border-radius: 15px;"> <p>Programs in dark shaded boxes require a registration fee.</p> </div>	
AOA Fitness 1:00-1:55 pm L Linda M	Walk Yourself Fit 1:00-1:55 pm L Linda M	AOA Fitness 1:00-1:55 pm L Linda M	AOA Sculpting 1:00-1:55 pm L Linda M	Line Dancing 1:00-2:30 pm L Helen W/Gerry G	
Les Mills-Tone 45 4:30-5:15 pm M/H Tiffany/Chrissy		Les Mills-Shapes 4:30- 5:15 pm M/H Roseann		<div style="border: 1px solid black; padding: 10px; border-radius: 15px;"> <p>For class descriptions & updates checkout out our app!</p> <div style="display: flex; justify-content: space-around; align-items: center;"> </div> <div style="display: flex; justify-content: space-around; align-items: center; margin-top: 10px;"> <div style="text-align: center;"> <p>Download on the App Store</p> </div> <div style="text-align: center;"> <p>GET IT ON Google Play</p> </div> </div> </div>	
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 7:00-7:55pm H Kathy R	Les Mills- BodyPump 6:30-7:25 pm M/H Chrissy/Tanna	Tabata/Intervals 7:00-7:55pm H Kathy R	Zumba 6:45-7:40 pm M/H Kelly S		