



# GROUP EXERCISE SCHEDULE

## APR 23 TO JUN 17

MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS	SATURDAYS	SUNDAYS
<b>INTERVAL TRAINING/HIIT</b> 7:00-7:55 AM Julie•Studio A	<b>INTERVAL SPIN</b> 6:00-6:55 AM Kathy•Studio B	<b>YOGA FOR ATHLETES</b> 6:00-7:00 AM Eric•Studio C/D	<b>ALL TERRAIN SPIN</b> 6:00-6:45 AM Candi•Studio B	<b>YOGA FOR ATHLETES</b> 6:00-6:55 AM Maggie•Studio C/D	<b>STRENGTH SPIN</b> 7:00-7:55 AM Kathy•Studio B	<b>FULL MATRIX</b> 9:30-10:25 AM Barb•Studio A
<b>STRENGTH &amp; CONDITIONING</b> 8:00-8:40 AM Cathy•Studio A	<b>ABS ONLY</b> 7:00-7:15 AM Kathy•Studio B	<b>BODYPUMP™</b> 6:55-7:55 AM Cathy•Studio A	<b>ABS ONLY</b> 6:45-7:00 AM Candi•Studio B	<b>CARDIO STEP</b> 7:00-7:40 AM Julie•Studio A	<b>MAT PILATES</b> 7:45-8:25 AM Julie/Amy•Studio A	<b>ALL TERRAIN SPIN</b> 10:30-11:15 AM Sue/Lindsay•Studio B
<b>BOOT CAMP</b> 8:45-9:40 AM Karen•Studio A	<b>GENTLE YOGA</b> 7:00-8:00 AM Debra•Studio C/D	<b>MAT PILATES</b> 8:00-8:40 AM Amy•Studio A	<b>GENTLE YOGA</b> 7:00-8:00 AM Debra•Studio C/D	<b>BODYPUMP™</b> 8:05-9:05 AM Julie•Studio A	<b>ALL TERRAIN SPIN</b> 8:00-8:55 AM Kathy•Studio B	<b>ABS ONLY</b> 11:15-11:30 AM Sue/Amy•Studio B
<b>ALL TERRAIN SPIN</b> 9:15-10:00 AM Vicki•Studio B	<b>STRETCH &amp; STRENGTHEN</b> 8:00-8:40 AM Carole•Studio A	<b>BOOT CAMP</b> 8:45-9:40 AM Karen•Studio A	<b>MAT PILATES</b> 7:00-7:55 AM Leia•Studio A	<b>ALL TERRAIN SPIN</b> 8:15-9:00 AM Candi•Studio B	<b>ABS ONLY</b> 9:00-9:15 AM Kathy•Studio B	<b>HATHA/YIN INSPIRED</b> 10:00-11:30 AM Saralyn•Studio C/D
<b>HATHA YOGA</b> 9:15-10:10 AM Sandy•Studio C/D	<b>BODYPUMP™</b> 8:45-9:40 AM Amy•Studio A	<b>HATHA/RESTORATIVE</b> 9:00-10:25 AM Sandy•Studio C/D	<b>FULL MATRIX</b> 8:00-8:55 AM Candi•SA	<b>HATHA YOGA</b> 8:30-9:25 AM Sandy•Studio C/D	<b>ASHTANGA SHORT</b> 8:00-9:00 AM Leia•Studio C/D	<b>BODYCOMBAT™</b> 10:30-11:30 AM Fiona/Janet•Studio A
<b>ZUMBA</b> 9:45-10:25 AM Kim•Studio A	<b>WALKING CLUB</b> 8:45-9:45 AM Tricia•Outside Y	<b>SPIN/CORE/MORE</b> 9:15-10:45 AM Amy•Studio B/FC	<b>WALKING CLUB</b> 8:45-9:45 AM Tricia•Outside Y	<b>BODYPUMP™</b> 9:10-10:10 AM Karen•Studio A	<b>INTERVAL TRAINING/HIIT</b> 8:30-9:25 AM Marsha•Studio A	<b>TAI CHI CHUAN INT</b> 11:30-12:30 PM Steven•Studio C/D
<b>MAT PILATES</b> 10:15-10:55 AM Vicki•Studio C/D	<b>SPIN/CORE/MORE</b> 9:15-10:45 AM Lisa•Studio B	<b>BODYCOMBAT™</b> 9:45-10:45 AM Jill•Studio A	<b>YOGA (INT/ADV)</b> 9:00-10:00 AM Debra•Studio C/D	<b>STRENGTH SPIN</b> 9:15-10:00 AM Lisa•Studio B	<b>HATHA YOGA</b> 9:00-10:15 AM Sandy•Studio C/D	
<b>BODYPUMP™ EXPRESS</b> 10:30-11:10 AM Cathy•Studio A	<b>YOGA (INT/ADV)</b> 9:15-10:30 AM Debra•Studio C/D	<b>MAT PILATES</b> 10:30-11:10 AM Karen•Studio C/D	<b>SPIN FOR HEALTH</b> 9:15-9:55 AM Amy/Suzanne•Studio B	<b>BODYCOMBAT™</b> 9:30-10:25 AM Jill•Studio C/D	<b>BODYPUMP™*</b> 9:30-10:30 AM Amy•Studio A	
<b>LITE AEROBICS</b> 11:15-12:10 PM Cathy•Studio A	<b>CARDIO STEP</b> 9:45-10:25 AM Julie•Studio A	<b>BEGINNER SPIN</b> 10:30-11:15 AM Sue•Studio B	<b>INTERVAL TRAINING/HIIT</b> 9:15-10:10 AM Lisa•Studio A	<b>BODYPUMP™</b> 10:15-11:10 AM Lisa•Studio A	<b>TAI CHI CHUAN BEG</b> 10:35-11:30 AM Steven•Studio A	
<b>HATHA YOGA</b> 1:00-1:55 PM Sandy•Studio C/D	<b>STROLLER FITNESS</b> 10:00-10:45 AM Caitlin•Studio A	<b>LITE AEROBICS</b> 10:00-12:00 PM Cathy•Studio A	<b>STROLLER FITNESS</b> 10:00-10:45 AM Caitlin•Studio A	<b>MAT PILATES</b> 10:30-11:10 AM Sue•Studio D		
<b>BODYPUMP™</b> 1:00-2:00 PM Lisa•Studio A	<b>MAT PILATES</b> 10:30-11:10 AM Julie•Studio A	<b>WILLPOWER &amp; GRACE</b> 11:15-12:15 PM Lisa•Studio C/D	<b>MAT PILATES</b> 10:15-11:00 AM Amy•Studio C/D	<b>LITE AEROBICS</b> 11:15-12:10 PM Cathy•Studio A		
<b>GENTLE YOGA</b> 5:00-5:40 PM Caitlin•Studio C/D	<b>INTERVAL TRAINING/HIIT</b> 10:30-11:15 AM Marsha•Studio C/D	<b>HATHA YOGA</b> 1:00-1:55 PM Caitlin•Studio C/D	<b>ZUMBA</b> 10:15-11:10 AM Kim•Studio A	<b>FAMILY YOGA</b> 4:15-5:00 PM Sandy•Studio A		
<b>BODYCOMBAT™</b> 5:00-5:40 PM Rebecca•Studio A	<b>ALL TERRAIN SPIN</b> 11:00-12:00 PM Lisa•Studio B	<b>BODYPUMP™</b> 1:00-2:00 PM Karen•Studio A	<b>INTERVAL TRAINING/HIIT</b> 11:00-11:45 AM Marsha•Studio C/D	<b>MAT PILATES</b> 5:30-6:10 PM Amy•Studio A		
<b>MAT PILATES</b> 5:45-6:25 PM Amy•Studio A	<b>FOREVER FIT</b> 11:15-12:10 PM Marybeth•Studio A	<b>ZUMBA GOLD</b> 2:05-3:00 PM Lisa•Studio A	<b>FOREVER FIT</b> 11:15-12:10 PM MaryBeth•Studio A	<b>TAI CHI CHUAN BEG</b> 6:30-7:25 PM Steven•Studio A		
<b>ZUMBA</b> 5:45-6:25 PM Diana•Studio C/D	<b>SPIN TO HEALTH</b> 1:00-1:45 PM Suzanne•Studio B	<b>MAT PILATES</b> 5:00-5:40 PM Vicki•Studio C/D	<b>ALL TERRAIN SPIN</b> 1:00-1:45 PM Amy/Suzanne•Studio B			
<b>BEGINNER SPIN</b> 6:00-6:25 PM Lindsay•Studio B	<b>MAT PILATES</b> 2:00-2:45 PM Julie•Studio C/D	<b>INTERVAL TRAINING</b> 5:00-5:40 PM Lisa•Studio A	<b>CARDIO STEP</b> 5:00-5:55 PM Julie•Studio A			
<b>INTERVAL SPIN</b> 6:30-7:15 PM Lindsay•Studio B	<b>BODYCOMBAT™</b> 5:00-5:55 PM Rebecca•Studio A	<b>BODYPUMP™</b> 5:45-6:45 PM Amy•Studio A	<b>GENTLE YOGA</b> 6:00-6:45 PM Sandy•Studio D			
<b>ABS ONLY</b> 7:15-7:30 PM Lindsay•Studio B	<b>ZUMBA</b> 6:00-6:55 PM Kourtney•Studio A	<b>ALL TERRAIN SPIN</b> 6:00-6:45 PM Vicki•Studio B	<b>ZUMBA</b> 6:00-6:55 PM Katy•Studio A			
<b>DANCE ESCAPE</b> 6:30-7:25 PM Janelle•Studio C/D	<b>ALL TERRAIN SPIN</b> 7:00-7:55 PM Kathy•Studio B	<b>ABS ONLY</b> 6:45-7:00 PM Vicki•Studio B	<b>RUNNING CLUB</b> 6:00-7:00 PM Sharon•Outside Y			
<b>BODYPUMP™</b> 6:30-7:30 PM Julie•Studio A	<b>ABS ONLY</b> 8:00-8:15 PM Kathy•Studio B	<b>BUDOKON</b> 6:30-7:30 PM Eric•Club House	<b>BODYPUMP™</b> 7:00-8:00 PM Jackie•Studio A			
<b>YOGA (INT/ADV)</b> 7:30-8:45 PM Maggie•Studio C/	<b>BODYCOMBAT™</b> 7:00-8:00 PM Fiona•Studio A	<b>ASHTANGA YOGA</b> 6:45-7:40 PM Leia•Studio C/D	<b>ALL TERRAIN SPIN</b> 7:00-7:55 PM Kathy•Studio B			
	<b>SPIRIT FLOW YOGA</b> 8:00-9:15 PM Kelly•Studio A	<b>BODYCOMBAT™</b> 7:35-8:35 PM Jill/Fiona•Studio A	<b>ABS ONLY</b> 8:00-8:15 PM Kathy•Studio B			
		<b>TAI CHI CHUAN ADV</b> 7:45-8:45 PM Steven•Studio C/D				

### GROUP EXERCISE SCHEDULE

SPRING II - APR 23-JUN 17

Class Fees - UNLIMITED classes included FREE with Full Privilege memberships! Mix and match classes. 1x/wk Potential Member, \$133

- Mat Pilates
- Tai Chi Chuan
- Yoga
- Body Shaping Classes
- Spinning
- Cardio Classes