Group Exercise Schedule

Fitness Schedule Effective June 11

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 am	6:00-7:00am Schwinn Indoor Cycling Sindy	6:00-7:00am Schwinn Indoor Cycling Tonya 6:00-6:45am Insanity Eileen	6:00-7:00am Schwinn Indoor Cycling Sindy	6:00-7:00am Schwinn Indoor Cycling Deb M. 6:00-6:45am Insanity Eileen	6:00-7:00am Schwinn Indoor Cycling Steve		
7:00 am	7:00-7:45am Zumba Jenny		7:00-7:45am Zumba Arlin	7:15-8:15am Pumpin' Iron Deb M.	7:00-7:45am Zumba Arlin	7:00-7:45am Insanity Anthony 7:30-8:30am* Schwinn Indoor Cycling Craig "Sparky"	NEW Time 7:45-8:45am* Schwinn Indoor Cycling Steve
8:00 am	8:00-9:00am Hatha Yoga Janet NEW 8:15-9:15am* Schwinn Indoor Cycling Roseanne 8:00-8:50am Core Camp Sandy	8:00-8:55am Light Combo Deb M. 8:15-9:15am* Schwinn Indoor Cycling Antoinette 8:30-9:30am Yogalates Level 2 & 3 Sindy	8:00-8:45am Hi/Lo H.I.I.T. Lisa G NEW 8:15-9:15am* Schwinn Indoor Cycling Deb W. 8:30-9:30am Pilates Aline	8:15-9:15am* Schwinn Indoor Cycling Antoinette 8:30-9:30am Stretch & Flex with Props Kelly 8:30-9:30am Bender Barre Sindy	NEW 8:15-9:15am* Schwinn Indoor Cycling Steve 8:30-9:30am Total Body Kelly 8:30-9:40am Vinyasa Yoga Level 2 Tonya	8:00-8:50am Pumpin' Iron Donna I. 8:45a-10:00am Vinyasa Yoga Level 1 & 2 Kelly	NEW Time 8:00-9:00am Zumba Luis 8:15-9:15am Pilates Vanessa
9:00 am	9:00-10:00a Pumpin' Iron Kathy 9:30-10:30am* Schwinn Indoor Cycling Deb W.	9:00-10:00am Zumba Arlin 9:30-10:30am* Schwinn Indoor Cycling Steve	9:00-10:00am Ultimate Barre Karen 9:00-10:00am Boot Camp Greg 9:30-10:30am* Schwinn Indoor Cycling Antoinette	9:30-10:30am* Schwinn Indoor Cycling Tonya 9:30-10:30am Cardio Boxing Jon	9:30-10:30am* Schwinn Indoor Cycling Roseann 9:30-10:30am Bender Ball Vanessa 9:45-10:45am Chi Kung John M.	9:00-10:00am Ultimate Barre Karen 9:00-10:00am Zumba Luis 9:30-10:30am* Schwinn Indoor Cycling Sindy	NEW 9:30-10:30am* Schwinn Indoor Cycling Angela 9:30-10:30am Cardio Boxing Jon 9:30-10:30am Bender Barre Vanessa 9:30-10:30am Vinyasa Yoga Level 1 & 2 Tonya
10:00 am	10:45-11:30am Active Adults Maryann	10:00-11:00am Bootcamp Boxing Jon 10:45-11:45am MOVEIT-1 Maryann	10:00-10:45am Pumpin' Iron Remy	10:45-11:45am MOVEIT Maryann	10:45-11:35am Pilates With Props Kelly	NEW Time 10:15-11:15am Pilates With Props Aline 10:15-11:00am Insanity Anthony	10:35-11:30am Pumpin' Iron Tonya
11:00 am - 12:00 pm	NEW Time 11:45-12:30pm Pilates Peggy 12:00-12:30pm HIIT Remy	12:00-12:30pm Barre Code Tabata & Barre Remy NEW Time 11:45-12:30pm Mindful Movement Rose	NEW Time 11:45-12:30pm Hatha Yoga Janet	NEW Time 11:45-12:30pm Hatha Yoga Remy	11:00-12:00pm $ Jon Simon Boxing 12:00-12:30pm Stretch & Roll Recovery Remy		
1:00 pm - 4:00 pm	4:00-4:30pm Kids Boxing Ages 6-10 Jon Simon		4:00-4:30pm Kids Fit Ages 6-10 Jon Simon	4:45-5:30pm* Schwinn Indoor Cycling Shari			
5:00 pm	5:45-6:15pm Insanity Eileen 5:00-6:00p Bender Barre Method Remy			5:45-6:30pm Insanity Anthony			
6:00 pm	6:00-7:15pm Vinyasa Yoga Level 1 & 2 Melanie/Natalie	6:00-6:45pm* Schwinn Indoor Cycling Shari 6:00-7:15pm Kripalu Yoga Debra	6:00-6:45pm* Schwinn Indoor Cycling Eileen 6:00-7:15pm Power Vinyasa Kim	6:00-7:15pm Hatha Yoga Janet			
7:00 pm		7:00-8:00pm $ Jon Simon Boxing		7:00-8:00pm $ Jon Simon Boxing			



FREE Group Exercise Classes
at Jerome Ave Beach
Every Friday
8:00 - 9:00am
Beginning June 29
With trainer Ryan Adeleye
OPEN TO THE COMMUNITY

FITNESS SCHEDULE EFFECTIVE JUNE 11

FACILITY HOURS

Monday - Thursday: 5:30 am - 10:00 pm
Friday: 5:30 am - 6:00 pm
Saturday - Sunday: 7:00 am - 5:00 pm

CLASS LOCATION COLOR KEY:

- Spin Room
- *Reservation Required 2 hours prior to class time.
- Group X Studio
- Mind & Body Studio (2nd Floor)
- Gymnasium
- Fitness Gallery