

Group Exercise Schedule

Fitness Schedule Effective January 7

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 am	6:00-7:00am Schwinn Indoor Cycling Sindy	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 Franklin	7:15-8:15am Pumpin' Iron Deb M.	7:00-7:45am Zumba Jenny	7:00-7:45am Insanity	
8:00 am	8:00-9:00am Hatha Yoga Janet 8:15-9:00am Core Camp Kelly	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 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	8:30-9:30am Total Body Kelly 8:30-9:40am Vinyasa Yoga Level 2 Michelle	8:00-9:00am * Schwinn Indoor Cycling Craig "Sparky" 8:00-8:50am Pumpin' Iron Donna I. 9:00a-10:15am Yogalates Kelly	8:30-9:30am * Schwinn Indoor Cycling Steve 8:15-9:15am Zumba Luis 8:15-9:15am Pilates Vanessa
9:00 am	9:15-10:00a Pumpin' Iron Remy 9:30-10:30am * Schwinn Indoor Cycling Deb W.	9:00-10:00am Zumba Arlin 9:30-10:30am * Schwinn Indoor Cycling Steve 9:45-10:45am Mindful Movement Rose	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 Craig "Sparky" 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	9:30-10:30am Cardio Boxing Jon 9:30-10:30am Bender Barre Vanessa 9:30-10:30am Vinyasa Yoga Level 1 & 2 Michelle/Kim
10:00 am	10:45-11:30am Active Adults Maryann 10:45-11:30am Pilates Peggy	10:00-11:00am Bootcamp Boxing Jon 10:45-11:45am MOVEIT-1 Maryann	10:00-10:45am Pumpin' Iron Remy 10:30-11:45am Hatha Yoga Janet	10:45-11:45am MOVEIT Maryann	10:45-11:45am Pilates With Props Kelly	10:15-11:15am Pilates With Props Kelly 10:15-11:00am Insanity	
11:00 am - 12:00 pm	12:00-12:30pm HIIT Remy	12:00-12:30pm Barre Code Tabata & Barre Remy		11:00-12:00pm Hatha Yoga Remy	11:00-12:00pm \$ Jon Simon Boxing		
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 Val	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			

FITNESS SCHEDULE EFFECTIVE JANUARY 7

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