

Group Exercise Schedule

Fitness Schedule Effective February 7

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

**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**