

Group Exercise Schedule

Fitness Schedule Effective June 17

	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 Franklin	7:15-8:15am Pumpin' Iron Deb M.	7:00-7:45am Zumba Jenny	7:00-7:45am Insanity Lori	NEW 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 Steve	8:00-8:55am Light Combo Deb M. 8:15-9:15am* Schwinn Indoor Cycling Antoinette	8:00-8:45am Hi/Lo H.I.I.T. Lisa G. 8:15-9:15am* Schwinn Indoor Cycling Steve	8:15-9:15am* Schwinn Indoor Cycling Antoinette 8:30-9:30am Stretch & Flex with Props Kelly	8:15-9:15am* Schwinn Indoor Cycling Steve 8:30-9:30am Total Body Kelly	8:00-9:00am* Schwinn Indoor Cycling Craig "Sparky" 8:00-8:50am Pumpin' Iron Donna I.	8:15-9:15am Zumba Luis 8:15-9:15am Pilates Vanessa
9:00 am	9:15-10:15a Pumpin' Iron Kathy O. 9:30-10:30am* Schwinn Indoor Cycling Deb W.	9:00-10:00am Zumba Arlin 9:30-10:30am* Schwinn Indoor Cycling Michelle T.	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	NEW 9:00-10:00am* Schwinn Indoor Cycling TEAM NEW 9:30-10:30am Ultimate Barre Karen 9:30-10:30am Cardio Boxing Jon 9:30-10:30am Vinyasa Yoga Kim
10:00 am	10:45-11:30am Active Adults Maryann	10:00-11:00am Bootcamp Boxing Jon 10:45-11:45am MOVEIT Maryann	10:00-10:45am Pumpin' Iron Kathy O'Brian	10:45-11:45am MOVEIT Maryann	10:45-11:45am Pilates With Props Kelly / Deb	10:15-11:15am Pilates With Props Kelly 10:15-11:00am Insanity Lori	
11:00 am - 12:00 pm	NEW Time 11:45-12:30pm Pilates Peggy	NEW Time 11:45-12:30am Mindfulness Meditation Chae 12:00-12:45pm Barre Express Kelly	NEW Time 11:45-12:30pm Hatha Yoga Janet	NEW Time 11:45-12:30pm Hatha Yoga Kelly	11:00-12:00pm \$ Jon Simon Boxing		
1:00 pm - 4:00 pm	4:00-4:30pm Kids Boxing Ages 4-10 Jon Simon		4:00-4:30pm Kids Fit Ages 4-10 Jon Simon				
5:00 pm	5:45-6:15pm Insanity Eileen			5:30-6:15pm* Schwinn Indoor Cycling Shari 5:45-6:30pm Insanity Anthony			
6:00 pm	6:00-7:15pm Vinyasa Yoga Natalie	6:00-6:45pm* Schwinn Indoor Cycling Shari 6:00-7:15pm Hatha Flow Chae	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 21
OPEN TO THE COMMUNITY
With Coaches Alex & Sean

FITNESS SCHEDULE EFFECTIVE JUNE 17

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.
Mind & Body Studio (2nd Floor)
Group X Studio Gymnasium
Fitness Gallery
\$ Fee Required