

Group Exercise Schedule

Fitness Schedule Effective June 24

|                     | Monday   | Tuesday  | Wednesday  | Thursday  | Friday  | Saturday  | Sunday  |
|---------------------|--|--|--|---|---|---|---|
| 6:00 am             | 6:00-7:00am<br><b>Schwinn Indoor Cycling</b><br>Sindy  | 6:00-6:45am<br><b>Insanity</b><br>Eileen   | 6:00-7:00am<br><b>Schwinn Indoor Cycling</b><br>Sindy  | 6:00-7:00am<br><b>Schwinn Indoor Cycling</b><br>Deb M.<br>6:00-6:45am<br><b>Insanity</b><br>Eileen                          | 6:00-7:00am<br><b>Schwinn Indoor Cycling</b><br>Steve   |   |   |
| 7:00 am             |  |  | 7:00-7:45am<br><b>Zumba</b><br>Franklin  | 7:15-8:15am<br><b>Pumpin' Iron</b><br>Deb M.  | 7:00-7:45am<br><b>Zumba</b><br>Jenny  | 7:00-7:45am<br><b>Insanity</b><br>Lori  | <b>NEW</b> 7:45-8:45am*<br><b>Schwinn Indoor Cycling</b><br>Steve   |
| 8:00 am             | 8:00-9:00am<br><b>Hatha Yoga</b><br>Janet<br><b>NEW</b> 8:15-9:15am*<br><b>Schwinn Indoor Cycling</b><br>Steve | 8:00-8:55am<br><b>Light Combo</b><br>Deb M.<br>8:15-9:15am*<br><b>Schwinn Indoor Cycling</b><br>Antoinette               | 8:00-8:45am<br><b>Hi/Lo H.I.I.T.</b><br>Lisa G.<br>8:15-9:15am*<br><b>Schwinn Indoor Cycling</b><br>Steve  | 8:15-9:15am*<br><b>Schwinn Indoor Cycling</b><br>Antoinette<br>8:30-9:30am<br><b>Stretch &amp; Flex with Props</b><br>Kelly | 8:15-9:15am*<br><b>Schwinn Indoor Cycling</b><br>Steve<br>8:30-9:30am<br><b>Total Body</b><br>Kelly   | 8:00-9:00am*<br><b>Schwinn Indoor Cycling</b><br>Craig "Sparky"<br>8:00-8:50am<br><b>Pumpin' Iron</b><br>Donna I.                                 | 8:15-9:15am<br><b>Zumba</b><br>Luis<br>8:15-9:15am<br><b>Pilates</b><br>Vanessa   |
| 9:00 am             | 9:15-10:15a<br><b>Pumpin' Iron</b><br>Kathy O.<br>9:30-10:30am*<br><b>Schwinn Indoor Cycling</b><br>Deb W.     | 9:00-10:00am<br><b>Zumba</b><br>Arlin<br>9:30-10:30am*<br><b>Schwinn Indoor Cycling</b><br>Michelle T.                   | 9:00-10:00am<br><b>Ultimate Barre</b><br>Karen<br>9:00-10:00am<br><b>Boot Camp</b><br>Greg<br>9:30-10:30am*<br><b>Schwinn Indoor Cycling</b><br>Antoinette | 9:30-10:30am*<br><b>Schwinn Indoor Cycling</b><br>Tonya<br>9:30-10:30am<br><b>Cardio Boxing</b><br>Jon                      | 9:30-10:30am*<br><b>Schwinn Indoor Cycling</b><br>Craig "Sparky"<br>9:30-10:30am<br><b>Bender Ball</b><br>Vanessa<br>9:45-10:45am<br><b>Chi Kung</b><br>Staff | 9:00-10:00am<br><b>Ultimate Barre</b><br>Karen<br>9:00-10:00am<br><b>Zumba</b><br>Luis<br>9:30-10:30am*<br><b>Schwinn Indoor Cycling</b><br>Sindy | <b>NEW</b> 9:00-10:00am*<br><b>Schwinn Indoor Cycling</b><br>TEAM<br><b>NEW</b> 9:30-10:30am<br><b>Ultimate Barre</b><br>Karen<br>9:30-10:30am<br><b>Cardio Boxing</b><br>Jon<br>9:30-10:30am<br><b>Vinyasa Yoga</b><br>Kim |
| 10:00 am            | 10:45-11:30am<br><b>Active Adults</b><br>Maryann   | 10:00-11:00am<br><b>Bootcamp Boxing</b><br>Jon<br>10:45-11:45am<br><b>MOVEIT</b><br>Maryann                              | 10:00-10:45am<br><b>Pumpin' Iron</b><br>Kathy O'Brian  | 10:45-11:45am<br><b>MOVEIT</b><br>Maryann   | 10:45-11:45am<br><b>Pilates With Props</b><br>Kelly / Deb   | 10:15-11:15am<br><b>Pilates With Props</b><br>Kelly<br>10:15-11:00am<br><b>Insanity</b><br>Lori   |   |
| 11:00 am - 12:00 pm | <b>NEW Time</b> 11:45-12:30pm<br><b>Pilates</b><br>Peggy   | <b>NEW Time</b> 11:45-12:30am<br><b>Mindfulness Meditation</b><br>Chae<br>12:00-12:45pm<br><b>Barre Express</b><br>Kelly | <b>NEW Time</b> 11:45-12:30pm<br><b>Hatha Yoga</b><br>Janet  | <b>NEW Time</b> 11:45-12:30pm<br><b>Hatha Yoga</b><br>Kelly   | 11:00-12:00pm \$<br><b>Jon Simon Boxing</b>   |   |   |
| 1:00 pm - 4:00 pm   | 4:00-4:30pm<br><b>Kids Boxing Ages 4-10</b><br>Jon Simon   |  | 4:00-4:30pm<br><b>Kids Fit Ages 4-10</b><br>Jon Simon  |   |   |   |   |
| 5:00 pm             | 5:45-6:15pm<br><b>Insanity</b><br>Eileen   |  |  | 5:30-6:15pm*<br><b>Schwinn Indoor Cycling</b><br>Shari<br>5:45-6:30pm<br><b>Insanity</b><br>Anthony                         |   |   |   |
| 6:00 pm             | 6:00-7:15pm<br><b>Vinyasa Yoga</b><br>Natalie  | 6:00-6:45pm*<br><b>Schwinn Indoor Cycling</b><br>Shari<br>6:00-7:15pm<br><b>Hatha Flow</b><br>Chae                       | 6:00-6:45pm*<br><b>Schwinn Indoor Cycling</b><br>Eileen<br>6:00-7:15pm<br><b>Power Vinyasa</b><br>Kim  | 6:00-7:15pm<br><b>Hatha Yoga</b><br>Janet   |   |   |   |
| 7:00 pm             |  | 7:00-8:00pm \$<br><b>Jon Simon Boxing</b>  |  | 7:00-8:00pm \$<br><b>Jon Simon Boxing</b>   |   |   |   |



**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