

Group Exercise Schedule

Fitness Schedule Effective November 4

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 am	6:00-7:00am <b>Schwinn Indoor Cycling</b> Steve	6:00-6:45am <b>Insanity</b> Eileen	6:00-7:00am <b>Schwinn Indoor Cycling</b> Steve	6:00-6:45am <b>Insanity</b> Eileen	6:00-7:00am <b>Schwinn Indoor Cycling</b> Steve		
7:00 am	7:00-8:00am <b>Hi/Lo H.I.I.T. Circuit</b> Sean		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> Lori	
8:00 am	8:00-9:00am <b>Hatha Yoga</b> Tonya 8:15-9:00am <b>Core Camp</b> Michelle B.	8:00-8:55am <b>Light Combo</b> Deb M. 8:15-9:15am * <b>Schwinn Indoor Cycling</b> Antoinette 8:30-9:30am <b>Yoga Core</b> Chae	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> Antoinette 8:30-9:30am <b>Stretch &amp; Flex with Props</b> Kelly	8:30-9:30am <b>Total Body</b> Kelly 8:30-9:40am <b>Vinyasa Yoga</b> Tonya	8:00-9:00am * <b>Schwinn Indoor Cycling</b> Craig "Sparky" 8:00-8:50am <b>Pumpin' Iron</b> Donna I. 9:00a-10:00am <b>Yoga</b> Kim	8:15-9:15am <b>Zumba</b> Luis 8:15-9:15am <b>Pilates</b> Vanessa 8:15-9:15am * <b>Schwinn Indoor Cycling</b> Steve
9:00 am	9:15-10:15a <b>Pumpin' Iron</b> Tonya 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>Mindfulness Meditation</b> Chae	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> Antoinette	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	9:00-10:00am <b>Ultimate Barre</b> Karen 9:00-10:00am <b>Zumba</b> Luis 9:30-10:30am * <b>Schwinn Indoor Cycling</b> Shari	9:30-10:30am <b>Cardio Boxing</b> Jon 9:30-10:30am <b>Vinyasa Yoga</b> Kim
10:00 am	10:45-11:30am <b>Active Adults</b> Maryann	10:00-11:00am <b>Bootcamp Boxing</b> Jon 10:45-11:45am <b>MOVEIT</b> Maryann	<b>NEW</b> 10:30-11:30am <b>Pumpin' Iron</b> Antoinette	10:45-11:45am <b>MOVEIT</b> Maryann	10:00-10:45am <b>Chi Kung</b> Kim 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> Lori	
11:00 am - 12:00 pm	11:00-11:45pm <b>Pilates</b> Peggy	12:00-12:45pm <b>Barre Express</b> Kelly	10:30-11:45pm <b>Hatha Yoga</b> Michelle W.	10:45-11:45pm <b>Hatha Yoga</b> Kelly	11:00-12:00pm \$ <b>Jon Simon Boxing</b>		
1:00 pm - 4:00 pm	4:00-4:30pm <b>Kids Boxing Ages 4-10</b> Jon Simon		4:00-4:30pm <b>Kids Fit Ages 4-10</b> Jon Simon				
5:00 pm	5:45-6:15pm <b>Insanity</b> Eileen		<b>NEW</b> 5:45-6:45pm <b>Kick IT</b> Alex	5:30-6:15pm * <b>Schwinn Indoor Cycling</b> Shari 5:45-6:30pm <b>Insanity</b> Anthony			
6:00 pm	6:00-7:15pm <b>Vinyasa Yoga</b> Chae	6:00-6:45pm * <b>Schwinn Indoor Cycling</b> Shari 6:00-7:15pm <b>Hatha Flow</b> Val	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>			
7:00 pm		7:00-8:00pm \$ <b>Jon Simon Boxing</b>		7:00-8:00pm \$ <b>Jon Simon Boxing</b>			

# FITNESS SCHEDULE EFFECTIVE NOVEMBER 4

## 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:

<p><b>Spin Room</b> *Reservation Required 2 hours prior to class time.</p> <p><b>Mind &amp; Body Studio (2nd Floor)</b></p>	<p><b>Group X Studio</b></p> <p><b>Gymnasium</b></p> <p><b>Fitness Gallery</b></p> <p><b>\$ Fee Required</b></p>
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