

Group Exercise Schedule

Fitness Schedule Effective January 13

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

FITNESS SCHEDULE EFFECTIVE JANUARY 13

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