



Group Exercise Class Schedule Summer 2017 Effective 6/4/2017



Downstairs Studio

Time	MON	TUE	WED	THU	FRI	Time	SAT	SUN
5:30 am	Maureen	Karen	HIIT Maureen	Maureen	Kim		Please Note Times on Weekend	
6:00				Maureen		7:00	Kim	
8:00 am	Kathy	Kathy	Charlene	Kathy/Charlen		8:00 am	Lynn	
8:15 am					Kim			
9:15 am	Maureen	Maureen	Maureen	Kim	Maureen	9:00 am	Lynn	Nicole
10:15	HIIT Maureen	Maureen	Kim		HIIT Maureen			
5:15								
5:30 pm	Karen M	HIIT Lani		Julie				
6:00 pm								
6:30 pm	Debbie	Debbie						

Upstairs Studio

Time	MON	TUE	WED	THU	FRI	Time	SAT	SUN
8:00 am					Kathy			
9:00 am	4 B's Strength Kathy	YOGA Rebecca	4 B's Strength Karen			9:00 am	ZUMBA Lani	
10:00 am		Tai Chi Kathy		Tai Chi Kathy		10:00 am	Stacie	
5:30 pm	Debbie	Debbie	YOGA Christa					
6:30 pm	DANCEworx Lani		ZUMBA Lani	ZUMBA Laura				
7:30 pm								

Cycling Studio

Time	MON	TUE	WED	THU	FRI	Time	SAT	SUN
7:00 am		 Lynn		SPIN Mike				
						8:00 am	SPIN Mark	
9:15 am		 Lynn		SPIN Laura				
5:30 pm	SPIN Stephanie							

Pool

5:10 am					Masters Swim Scotty			
						8:00 am	Aquamotion Jen	
9:15 am		AQUALOGIX Liz					For your safety & comfort, we recommend water shoes for all participants in water aerobics classes. Schedule is subject to change.	
11:00 am	Aquamotion Kathy		Aquamotion Karen		Aquamotion Karen			
6:00 pm		Aquamotion Jen		Aquamotion Jen				
7:00 pm	Masters Swim Scotty		Masters Swim Scotty	Masters Swim Lisa				