





Group Exercise Class Schedule Fall 2017 Effective 10/20/2017

		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		Kathy/Jen E.		8:00 am	Lynn		
8:15 am			30/30 Kim		30/30 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	Maureen	Julie	MMA Cardio Jenn L	Christine					
6:00 pm									
6:30 pm	Debbie	Debbie		Katie					
Time	MON	TUE	WED	THU	FRI	Time	SAT	SUN	
8:00 am					Kathy		BARRE Lani		
9:00 am	LIIT Kathy	BARRE Jenn S	LIIT Karen			9:00 am	ZUMBA Lani		
10:00 am		Tai Chi Kathy		Tai Chi Kathy		10:00 am	Stacie		
5:30 pm	BARRE Lani	Debbie	YOGA Christa	Debbie					
6:30 pm	DANCEworx Lani		ZUMBA Lani	6:45 ZUMBA Laura					
7:30 pm									

Upstairs Studio

Cycling Studio

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

Pool

5:10 am					Masters Swim Scotty			
						8:00 am	Aquamotion Jen E.	
9:00 am		AQUALOGIX Liz		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 E.		Aquamotion Jen E.				
7:00 pm	Masters Swim Scotty		Masters Swim Scotty	Masters Swim Lisa				