

Downstairs Studio



Time	MON	TUE	WED	THU	FRI	Time	SAT	SUN
5:30 am	Maureen	Maureen	HIIT Maureen	Karen	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			Stacie
4:30								
5:30 pm	Lyndsey	Julie	MMA Cardio Jenn L	Christine				
6:00 pm								
6:30 pm	Debbie	Debbie						

Upstairs Studio

Time	MON	TUE	WED	THU	FRI	Time	SAT	SUN
8:00 am				8:30 am BARRE Jenn S.	Kathy	8:00 am	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				
5:30 pm	BARRE Lani	Debbie	YOGA Christa	Debbie				
6:30 pm	ZUMBA Lani		ZUMBA Lani					
7:30 pm								

**SALAM ATHLETIC CLUB** Group Exercise Class Schedule Winter 2018 Effective 2/1/2018

**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								

**Pool**

5:10 am					Masters Swim Scotty			
						8:00 am	Aquamotion Jen E.	
9:00 am		AQUALOGIX Liz		AQUALOGIX Liz			<b>For your safety &amp; comfort, we recommend water shoes for all participants in water aerobics classes. Schedule is subject to change.</b>	
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				