



Group Exercise Class Schedule Effective 6/25/2018

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	Riz	
8:15 am			30/30 Kim		30/30 Kim	9:00 am	ZUMBA Lani	Nicole
9:15 am	Maureen	Maureen	Maureen	Kim	Maureen			
10:15	HIIT Jenn S	Maureen	Maureen		HIIT Maureen			
4:30								
5:30 pm	Lyndsey	Julie		Christine				
6:00 pm								
6:30 pm	Debbie	Debbie						

Upstairs Studio

Time	MON	TUE	WED	THU	FRI	Time	SAT	SUN
8:00 am			H.E.A.T Karen	8:30 am BARRE Jenn S.	Kathy	8:00 am	BARRE Lani	
9:00 am	LIIT Kathy	BARRE Jenn S				10:15		Stacie
10:00 am		Tai Chi Kathy		Tai Chi Kathy				
5:30 pm	BARRE Lani	Debbie	BARRE Lani	Debbie				
6:30 pm	ZUMBA Lani		ZUMBA Lani					
7:30 pm								

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Group Exercise Class Schedule



Cycling Studio

Time	MON	TUE	WED	THU	FRI	Time	SAT	SUN
7:00 am		LES MILLS RPM Chris		SPIN Chris				
9:15 am		LES MILLS RPM Chris		SPIN Laura				
5:30 pm								

Pool

5:10 am					Masters Swim Scotty			
						8:00 am	Aquamotion Jen E.	
9:00 am		AQUAROBICS 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				