

Group Exercise Class Schedule Effective 10/3/18

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 am	Kim	
8:00 am	Kathy	Kathy		Kathy		8:00 am	Riz	
8:15 am			30/30 Kim		30/30 Kim	9:00 am	Jillian	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		Julie				
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		Kathy	7:00 am	Yoga Deanna	
9:00 am	LIIT Kathy	BARRE Jenn S	BARRE Rebecca	BARR		8:00 am	BARRE Lani	
10:00 am		Tai Chi Kathy	Yoga Deanna	Tai Chi Kathy		9:00 am	ZUMBA Lani	
5:30 pm	BARRE Lani	Debbie	BARRE Lani	Debbie	Yoga Deanna	10:00 am		Yoga Amy
6:30 pm	ZUMBA Lani		ZUMBA Lani					


Group Exercise Class Schedule

Effective

Cycling Studio	Time	MON	TUE	WED	THU	FRI	Time	SAT	SUN
	7:00 am		 Chris			 Chris			
	8:00 am						8:00 am	SPIN Mark	
	9:15 am		 Chris			SPIN Laura			

Pool	5:10 am					Masters Swim Scotty			
							8:00 am	Aquamotion Michelle	
	9:00 am		AQUAROBCS Liz			AQUAROBCS 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 Amy				Aqua Yoga Amy		
	7:00 pm	Masters Swim Scotty			Masters Swim Scotty		Masters Swim Scotty		