

Group Exercise Class Schedule Effective 1/23/19



Downstairs Studio

Time	MON	TUE	WED	THU	FRI	Time	SAT	SUN
5:30 am	30/30 Kim	Karen	HIIT Maureen	Maureen	Kim		Please Note Times on Weekend	
6:00				Maureen				
8:00 am	Kathy	Kathy		Kathy		8:00 am	Riz	
8:15 am					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		Julie	Riz	Julie				
6:00 pm								
6:30 pm	Debbie	Debbie	Riz					

Upstairs Studio

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

Group Exercise Class Schedule Effective 1/23/19



Cycling Studio

Time	MON	TUE	WED	THU	FRI	Time	SAT	SUN
6:30 AM								
7:00 am		SPIN Chris		SPIN Chris				
8:00 am						8:00 am	SPIN Mark	
9:15 am		SPIN Chris		SPIN Laura				
5:30 pm	SPIN Mark	SPIN Chris						

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		Aquamotion Amy				
7:00 pm	Masters Swim Scotty		Masters Swim Scotty	Masters Swim Scotty				