



Group Fitness Schedule

Effective: July 2020

Morning: 6:00am - 12:00pm

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00-7:00am 1: Indoor Cycling Emily	9:00-10:00am B: Combo Intervals Ellyn	6:00-6:45am 1: Indoor Cycling Laurel	9:00-10:00am 2: Body Pump Ann	6:00-7:00am 2: Body Pump Emily	8:30 - 9:30am CF: Burn Zone Raquel	11:00-12:00pm 2: Body Pump Ann
9:00-10:00am B: Fit/50 Marianne	11:30-12:30pm MB: Stress Relief Yoga Angela	8:30-9:30am MB: Yoga Amy	11:00-12:00pm MB: YogaReform Amy	9:00-10:00am B: Fit/50 Marianne	9:00-10:00am 1: Cycling Emily	
9:00 - 10:00am MB: Vinyasa Yoga Kelly	11:45-12:30pm 1: Core & More Brendon	9:00-10:00am B: Fit/50 Marianne	11:45-12:30pm 1: Core & More Brendon	9:00-9:30am 1: Spin Ellyn	9:30-10:30am 2: Body Pump Katie	
10:15-11:15am B: Seniorcize Marianne		9:00-10:00am 2: Your Next Level Fit Katie	12:30-1:30pm 2: Arthritis Class Marva	9:30-10:15am MB: Mat Pilates Ellyn	10:30-11:15am FF: Strictly Strength Brendon	
11:00-11:45am 1: Strictly Strength Brendon		10:15-11:15am B: Seniorcize Marianne		9:30-10:15am FF: Strictly Strength Brendon	11:15-12:00pm FF: Core & More Brendon	
		11:00-12:00pm CF: Burn Zone Raquel		10:00-11:00am 1: Tai chi Jennifer	10:30-11:30am B: Zumba Shelley	
				10:15-11:15am 2: Senior Stretch Marva	10:45-11:45am 1: CardioKick Meia	
				12:30-1:30pm MB: Stress Relief Yoga Angela		

Evening: 5:00pm - 8:00pm

Monday	Tuesday	Wednesday	Thursday	Friday	
5:30 - 6:00pm R: Intro to Pilates Reformer Ellyn	5:30-6:30pm CF: Tread & Shred Raquel	5:00-5:45pm 1: H.I.I.T Tera	5:30-6:30pm FF: Your Next Level Fit Katie	4:30 - 5:00pm 1: H.I.I.T Tera	
5:30-6:30pm 2: Body Pump Katie	6:15-7:00pm MB: Zumba Sentao Shelley	5:30-6:30pm 2: Body Pump Ann	5:30-6:30pm 1: Cycling Emily		
5:30-6:30pm 1: Cycling Raquel	6:30-7:30pm 2: Zumba DeAndra	6:30-7:30pm 1: CardioKick Meia	6:45-7:45pm 2: Body Pump Emily		
6:45-7:45pm CF: Burn Zone Raquel	7:30-8:30pm 1: Core & More Brendon	6:30-7:30pm MB: Vinyasa Yoga Kelly	6:45-7:30pm 1: Zumba Shelley		
6:45-7:30pm 1: H.I.I.T Tera		6:45-7:45pm B: Speed & Agility Stanson	7:15-8:30pm MB: Stress Relief Yoga Angela		

Room Key:
1: Group Fitness 1
2: Group Fitness 2
MB: Mind Body Studio
FF: Fitness Floor
CF: Cardio Floor
B: Basketball Court

Strength
Cardio
Cycle
Yoga
Cardio & Strength
Balance