

Group Exercise Schedule ... Effective 06/05/17

Sport Fit Studio	TIME	Monday	Tuesday	Wednesday	Thursday	Friday	TIME	Saturday	Sunday	
	5:30 AM	KickBoxing Brenda Y	LES MILLS BODYPUMP Anne	TABATA Karen (45 min)	LES MILLS BODYPUMP Anne	TABATA Karen (45 min)				
	6:30 AM			Sunrise Yoga Bev		Sunrise Yoga Bev	7:30 AM	LES MILLS BODYATTACK Heather/Sarah		
	8:15 AM	KickBoxing Brenda T	Hatha Yoga Bev	Sculpt Amp'd Maria	Hatha Yoga Bev	KickBoxing Brenda T	8:40 AM	LES MILLS BODYPUMP Anne	LES MILLS BODYPUMP Maria (8:15)	
	9:25 AM	LES MILLS BODYPUMP Maria	ZUMBA FITNESS Rachel	LES MILLS BODYPUMP Anne	ZUMBA FITNESS Rachel	LES MILLS BODYPUMP Maria	9:50 AM	TRX Rotation	LES MILLS BODYFLOW Tricia (9:25)	
	10:35 AM	Restorative Yoga Susan	TRX Shannon B	Fit Lite Jennifer S	TRX Shannon B	Fit Lite Jennifer S				
	Noon		FIT Fusion Laurie (45 min)		FIT Fusion Laurie (45 min)			<div style="border: 1px solid black; padding: 5px; text-align: center;"> <p>Classes highlighted GREEN will be held outdoors weather permitting. Check with Front Desk</p> </div>		
	4:30 PM	LES MILLS BODYATTACK Heather/Sarah	LES MILLS BODYPUMP Allison	STEP Allison	LES MILLS BODYPUMP Carol					
	5:40 PM	LES MILLS BODYPUMP Allison	KickBoxing Karen	Core Crush Allison						
	6:50 PM	TRX Shannon B	T2 Fit Tukker	H.I.I.T. Shannon B	T2 Fit ← 40 min Tukker (6:20)					
TIME	Monday	Tuesday	Wednesday	Thursday	Friday	TIME	Saturday	Sunday		
5:30 AM	LES MILLS RPM Steve		LES MILLS RPM Carol	LES MILLS BODYATTACK ← 45 min Heather/Sarah		7:30 AM	Group Cycle Rotation	<div style="border: 1px solid black; padding: 5px;"> Saturday Yoga style based on rotating instructor. See monthly rotation </div>		
8:15 AM	LES MILLS RPM Maria	Barre Fitness Sarah P	LES MILLS RPM Anne	Barre Fitness Sarah P	LES MILLS RPM Maria					
9:25 AM	Fusion Vinyasa Beth	Group Cycle Shannon B	Vinyasa Flow Yoga Sarah	Group Cycle Shannon B	Fusion Vinyasa Beth	9:00 AM	Yoga Rotation			
10:35 AM		LES MILLS BODYFLOW Tricia		LES MILLS BODYFLOW Tricia						
4:30 PM	Vinyasa Flow Yoga Jane		Vinyasa Flow Yoga Jill							
5:40 PM		LES MILLS RPM Steve	Barre Fitness Sarah P							
6:50 PM		Hatha Flow Yoga Erin		Power Flow Yoga Nikki						
TIME	Monday	Tuesday	Wednesday	Thursday	Friday	TIME	Saturday	Sunday		
9:00 AM	Aqua Fit Allison	Aqua Fit Molly	Aqua ZUMBA Rachel	Aqua Fit Molly	Aqua ZUMBA Rachel	8:30 AM	Aqua Intense Rotation			
5:30 PM		Aqua Intense Christina		Aqua Intense Christina						

Reserve Your Spot for: TRX, Cycle, RPM and Barre. Pick up ticket at FRONT DESK 15 minutes before class.

Please Note: Classes subject to cancellation or change at management discretion.