

Group Exercise Schedule ... Effective 03/15/19

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Sport Fit Studio	TIME	Monday	Tuesday	Wednesday	Thursday	Friday	TIME	Saturday	Sunday
	5:30 AM	FIT Fusion Kenzi (45)	BODYPUMP Anne	KickBoxing Brenda Y (45)	BODYPUMP Anne	FIT Fusion Karen (45)			
	6:30 AM			Sunrise Yoga Bev		Sunrise Yoga Bev	7:30 AM	BODYATTACK Sarah W	
	8:15 AM	KickBoxing Laurie	Hatha Yoga Bev	BODYPUMP Maria	Hatha Yoga Bev	KickBoxing Brenda T	8:40 AM	BODYPUMP Anne	BODYPUMP Maria (8:15)
	9:25 AM	BODYPUMP Maria	ZUMBA Rachel	925 Pump - Anne 1000 CXWORX - Sue	ZUMBA Rachel	BODYPUMP Maria	10:00 AM	TRX Rotation	BODYFLOW Tricia (9:25)
	10:35 AM	Gentle FLOOR Yoga Susan	TRX Shannon	Fit Lite Beth	TRX Heather	Fusion Vinyasa Beth			
	4:30 PM	BODYATTACK Heather	BODYPUMP Allison	BODYATTACK Heather	BODYPUMP Carol		3:00 PM		SundayFU Nday Rotation
	5:40 PM	BODYPUMP Allison	KickBoxing Karen	Total Body Conditioning Allison	540 CXWORX-Sue 615 FlowFlex-Sue	Party PUMP Allison		Different class/instructor each week! Schedule posted in lobby and emailed.	
6:50 PM	TRX Nykki		HIIT TRX Nykki						
Enviro Fit Studio	TIME	Monday	Tuesday	Wednesday	Thursday	Friday	TIME	Saturday	Sunday
	5:30 AM	RPM Anne	TABATA Kenzi (45)	RPM Carol			7:30 AM	RPM Rotation	Saturday Yoga style based on rotating instructor. See monthly rotation calendar located outside studio doors.
	8:15 AM	RPM Maria	Barre Fitness Sarah P	RPM Anne	Barre Fitness Sarah P	RPM Maria			
	9:25 AM	Fusion Vinyasa Beth	RPM Carol	Vinyasa Flow Yoga Sarah	RPM Carol		8:50 AM	Yoga Rotation	
	10:35 AM		BODYFLOW Tricia	Gentle FLOOR Yoga Sarah	BODYFLOW Tricia				
	4:30 PM	Vinyasa Flow Yoga Jane		Vinyasa Flow Yoga Jill		RPM Carol	Power Hour Class! A full 60 minutes of RPM.		
	5:40 PM		RPM Steve	540 CXWORX-Rebecca 615 FlowFlex-Rebecca	RPM Steve				
	6:50 PM		Hatha Flow Yoga Erin						
Pool	TIME	Monday	Tuesday	Wednesday	Thursday	Friday	TIME	Saturday	Sunday
	9:00 AM	Aqua Fit Allison	Aqua Fit Molly	Aqua ZUMBA Rachel (50)	Aqua Fit Corby	Aqua ZUMBA Rachel (50)	8:30 AM	Aqua Intense Christina	
	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.