

Group Exercise Schedule ... Effective October 8th

Sport Fit Studio

TIME	Monday	Tuesday	Wednesday	Thursday	Friday	TIME	Saturday	Sunday
5:30 AM	KickBoxing Karen	LES MILLS BODYPUMP Anne	KickBoxing Brenda Y	LES MILLS BODYPUMP Anne	FIT Fusion Karen (45)			
6:30 AM			Sunrise Yoga Bev		Sunrise Yoga Bev	7:30 AM	LES MILLS BODYATTACK Heather	
8:15 AM	KickBoxing Brenda T	Hatha Yoga Bev	LES MILLS BODYPUMP Lisa	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	925 Pump - Anne 1000 CX - Lisa	ZUMBA FITNESS Rachel	LES MILLS BODYPUMP Maria	9:50 AM	TRX Rotation	LES MILLS BODYFLOW Rotation (9:25)
10:35 AM	Gentle FLOOR Yoga Susan	TRX Shannon	Fit Lite Angie	TRX Shannon	Fit Lite Angie			
Noon		FIT Fusion Laurie (45)	Gentle FLOOR Yoga Susan	FIT Fusion Laurie (45)				
4:30 PM	LES MILLS BODYATTACK Heather	LES MILLS BODYPUMP Allison	430 Attack - Heather 505 TRX - Heather	LES MILLS BODYPUMP Carol		3:00 PM		SUNday FUNday Rotation
5:40 PM	LES MILLS BODYPUMP Allison	KickBoxing Karen	Core Crush Allison	540 CX - Sue 615 FlowFlex - Sue	Party PUMP Allison			
6:50 PM	TRX Shannon B		H.I.I.T TRX Shannon B	H.I.I.T. Rotation (45)				

Enviro Fit Studio

TIME	Monday	Tuesday	Wednesday	Thursday	Friday	TIME	Saturday	Sunday
5:30 AM	LES MILLS RPM Rotation		LES MILLS RPM Carol		Cycle TRX Renee	7:30 AM	LES MILLS RPM Rotation	
8:15 AM	LES MILLS RPM Maria	Barre Fitness Rachel	845 RPM - Anne	Barre Fitness Rachel	LES MILLS RPM Maria			Saturday Yoga style based on rotating instructor. See monthly rotation calendar.
9:25 AM	Fusion Vinyasa Julie	Group Cycle Shannon	Vinyasa Flow Yoga Sarah	Group Cycle Shannon	Fusion Vinyasa Julie	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		430 RPM - Lisa 505 CX - Lisa			
5:40 PM		LES MILLS RPM Steve	Barre Fitness Nykki	LES MILLS RPM Steve				
6:50 PM		Hatha Flow Yoga Nikki M	650 CX - Rebecca 725 FlowFlex - Rebecca					

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 Molly	Aqua ZUMBA Rachel (50)	8:30 AM	Aqua Intense Rotation	
5:30 PM		Aqua Intense Christina		Aqua Intense Christina				
5:45 PM			Aqua ZUMBA Nicole (50)				LAKEPARK SWIM & FITNESS	

Need Ticket - 15 min before class from Front Desk

30 Minute Classes - take one or both back to back

