

## Group Training 100 May 14 - May 20, 2018

STUDIO A						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	5:45-6:45AM <b>Cardio &amp; Strength</b> SUZANNE		5:45-6:45AM H.I.I.T. KIM			
8:15-9:15AM <b>Stretch &amp; Strength</b> SUZANNE	8:00-9:00AM <b>P90X</b> BRIAN	8:15-9:15AM <b>Body Conditioning</b> ANN	8:00-9:00AM <b>Step &amp; Strength</b> ANN	8:00-9:00AM H.I.I.T. KIM ♥		
9:15-10:15AM <b>Cardio &amp; Strength</b> C.R.	9:15-10:15AM <b>Meta Cardio Mix</b> AMY ♥	9:15-10:15AM <b>Zumba</b> JENNIFER	9:15-10:15AM <b>Body Conditioning</b> ANN	9:15-10:15AM <b>Zumba</b> JENNIFER	9:00-10:00AM <b>Step Special</b> TERRY	9:00-10:15AM <b>Athletic Conditioning</b> AMY
10:15-11:15AM <b>Cardio Circuit</b> DEBBIE	10:30-11:30AM <b>Zumba</b> KRISTEN	10:15-11:15AM <b>Barre Fitness</b> EMILY	10:30-11:30AM <b>P90X</b> BRIAN	10:30-11:30AM <b>Basic Cardio</b> SUZANNE	10:00-11:00AM <b>Body Conditioning</b> TERRY	
11:15AM-12:15PM <b>Senior Balance Strength &amp; Stretch</b> DEBBIE	11:45AM-12:30PM <b>Body Conditioning</b> MAUREEN	11:15AM-12:15PM <b>Senior Strength &amp; Stretch</b> SUZANNE	12:00-12:55PM <b>Cardio Room &amp; Stretch</b> SUZANNE	11:45AM-12:30PM <b>P90X</b> BRIAN		1:00-2:00PM <b>Barre Fitness</b> CARRIE
5:45-6:45PM <b>Zumba</b> KRISTEN	5:45-6:45PM <b>Barre Fitness</b> TESIA	5:45-6:45PM <b>Step &amp; Strength</b> C.R.	5:30-6:30PM <b>Zumba</b> NATALIE			
6:45-7:45PM <b>Body Conditioning</b> BELINDA	7:00-8:00PM H.I.I.T. KIM ♥	7:00-8:00PM <b>P90X</b> BRIAN	6:30-7:30PM <b>Meta Cardio Mash Up</b> KIM ♥			
CYCLING STUDIO ♥ - heart rate monitoring available in all Cycle classes						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		5:45-6:45AM <b>Rice I.T.</b> LINDA		5:45-6:45AM <b>Cycle Challenge</b> LINDA		
	8:00-8:45AM <b>Basic Cycle</b> LINDA		8:00-9:00AM <b>Rock'n Ride</b> LINDA		8:00-9:00AM <b>CycleZone</b> KIM	8:30-9:30AM <b>CycleZone</b> TIFFANY
9:15-10:15AM <b>CycleZone: Hill</b> AJ		9:15-10:15AM <b>CycleZone</b> TIFFANY		9:15-10:15AM <b>CycleZone: Hill</b> AMY		
5:45-6:45PM <b>CycleZone: Power</b> LINDA U.	5:45-8:45PM <b>Sprints &amp; Hills</b> HILARY	6:15-7:15PM <b>Guess the Movie</b> MAUREEN	5:45-6:45PM <b>CycleZone</b> HILARY			
BOOT CAMP / BOXING						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:05-7:05AM <b>Ultimate</b> KIM	6:15-7:00AM <b>LED Boxing</b> BO	6:05-7:05AM <b>Power Hour</b> KIM		6:05-7:05AM <b>Ultimate</b> KEVIN	7:25-8:25AM <b>Ultimate</b> KEVIN	
9:05-10:05AM <b>Total Training</b> LINDA U. ♥		9:05-10:05AM <b>Total Training</b> LINDA U.		9:05-10:05AM <b>Ultimate</b> KEVIN	8:30-9:30AM <b>Kick Boxing</b> CAT	9:00-10:00AM <b>Kick Boxing</b> CAT ♥
11:45AM-12:30PM <b>Boxing Interval</b> MAUREEN						10:15-11:15AM <b>Queenax Metabolic Fit</b> CAT ♥
7:00-8:00PM <b>Kick Boxing</b> CAT ♥	6:35-7:35PM <b>Ultimate</b> LINDA U.	7:00-8:00PM <b>Kick Boxing</b> CAT ♥	6:35-7:35PM <b>Ultimate</b> KEVIN	<b>No 7:00 Boxing</b>		
8:15-9:00PM <b>LED Boxing</b> BO	7:45-8:45PM <b>Queenax Metabolic Fit</b> CAT ♥	<b>No 8:15 Boxing</b>	7:45-8:30 PM <b>Best of Both Worlds</b> BO			
YOGA STUDIO						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	8:00-9:00AM <b>Therapeutic Yoga</b> SUZY ★	8:00-9:00AM <b>Healthy Backs</b> KELLY	8:00-9:00AM <b>Therapeutic Yoga</b> SUZY ★		8:00-9:00AM <b>Healthy Backs</b> MARY	
9:00-10:15AM ★ <b>Vinyasa</b> ANN	9:15-10:30AM ★ <b>Art of Vinyasa</b> SUZY	9:15-10:15AM <b>Slow Flow</b> KELLY	9:15-10:30AM ★ <b>Art of Vinyasa</b> SUZY	9:15-10:15AM <b>Sculpt &amp; Flow</b> ANN	9:15-10:30AM ★ <b>Vinyasa</b> MARY	8:45-9:45AM ★ <b>Yin</b> KARYN
10:30-11:30AM <b>Hatha Yoga</b> KELLY	10:45-11:45AM <b>Hatha</b> CHARLES	10:30-11:30AM <b>PiYo</b> LINDA U.	11:00AM-12:00PM <b>Hatha Yoga</b> ANN	10:30-11:30AM <b>Hatha Yoga</b> ANN	11:00AM-12:00PM <b>Hatha Yoga</b> TODD	10:00-11:00AM ★ <b>Slow Flow</b> ★ KARYN
4:30-5:30PM <b>Healthy Backs</b> LINDA				<b>No Gentle Yoga</b>		4:30-5:30PM ★ <b>Yogalates</b> SUZY
5:45-6:45PM <b>Slow Flow</b> LINDA		6:00-7:00PM ★ <b>Yin</b> ★ KARYN				
7:00-8:00PM <b>Hatha Yoga</b> ANN	6:45-7:45PM <b>Healthy Backs</b> LINDSAY	7:15-8:15PM ★ <b>Slow Flow</b> ★ KARYN	6:15-7:30PM ★ <b>Vinyasa</b> TODD			
POOL						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:15-10:15AM <b>Aqua</b> DEBBIE		9:15-10:15AM <b>Aqua</b> C.R.		9:15-10:15AM <b>Aqua</b> NORENE		

♥ - heart rate monitoring available      ★ - infrared heat

## Group Training 100 May 21 - May 27, 2018

STUDIO A						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	5:45-6:45AM <b>Cardio &amp; Strength</b> SUZANNE		5:45-6:45AM H.I.I.T. KIM			
8:15-9:15AM <b>Stretch &amp; Strength</b> SUZANNE	8:00-9:00AM <b>P90X</b> BRIAN	8:15-9:15AM <b>Body Conditioning</b> ANN	8:00-9:00AM <b>Step &amp; Strength</b> ANN	8:00-9:00AM H.I.I.T. AMY		
9:15-10:15AM <b>Cardio &amp; Strength</b> CAT	9:15-10:15AM <b>Meta Cardio Mix</b> AMY	9:15-10:15AM <b>Zumba</b> JENNIFER	9:15-10:15AM <b>Body Conditioning</b> ANN	9:15-10:15AM <b>Zumba</b> JENNIFER	9:00-10:00AM <b>Step Special</b> LISA	No Athletic Conditioning
10:15-11:15AM <b>Cardio Circuit</b> DEBBIE	10:30-11:30AM <b>Zumba</b> KRISTEN	10:15-11:15AM <b>Barre Fitness</b> EMILY	10:30-11:30AM <b>P90X</b> BRIAN	10:30-11:30AM <b>Basic Cardio</b> SUZANNE	10:00-11:00AM <b>Body Conditioning</b> LISA	
11:15AM-12:15PM <b>Senior Balance Strength &amp; Stretch</b> ANN	11:45AM-12:30PM <b>Body Conditioning</b> MAUREEN	11:15AM-12:15PM <b>Senior Strength &amp; Stretch</b> SUZANNE	12:00-12:55PM <b>Cardio Room &amp; Stretch</b> SUZANNE	11:45AM-12:30PM <b>P90X</b> BRIAN		1:00-2:00PM <b>Barre Fitness</b> CARRIE
5:45-6:45PM <b>Zumba</b> KRISTEN	No Barre Fitness	5:45-6:45PM <b>Step &amp; Strength</b> BELINDA	5:30-6:30PM <b>Zumba</b> NATALIE			
6:45-7:45PM <b>Body Conditioning</b> BELINDA	7:00-8:00PM H.I.I.T. KIM	7:00-8:00PM <b>P90X</b> BRIAN	6:30-7:30PM <b>Meta Cardio Mash Up</b> KIM			
CYCLING STUDIO						
				♥ - heart rate monitoring available in all Cycle classes		
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		5:45-6:45AM <b>Rough Ride</b> LINDA		5:45-6:45AM <b>Friday Fury</b> LINDA		
	8:00-8:45AM <b>Basic Cycle</b> LINDA		8:00-9:00AM <b>Cycle I.T.</b> LINDA		8:00-9:00AM <b>CycleZone</b> AJ	8:30-9:30AM <b>CycleZone</b> MAUREEN
9:15-10:15AM <b>CycleZone</b> AJ		9:15-10:15AM <b>Run for the Hills</b> TIFFANY		9:15-10:15AM <b>Summer Time</b> AMY		
5:45-6:45PM <b>80's/90's</b> LINDA U.	5:45-6:45PM <b>CycleZone</b> HILARY	6:15-7:15PM <b>CycleZone</b> MAUREEN	5:45-6:45PM <b>CycleZone</b> HILARY			
BOOT CAMP / BOXING						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:05-7:05AM <b>Ultimate</b> KEVIN	6:15-7:00AM <b>LED Boxing</b> BO	6:05-7:05AM <b>Power Hour</b> KIM		6:05-7:05AM <b>Ultimate</b> KEVIN	7:25-8:25AM <b>Ultimate</b> KEVIN	
9:05-10:05AM <b>Total Training</b> LINDA U.		9:05-10:05AM <b>Total Training</b> LINDA U.		9:05-10:05AM <b>Ultimate</b> KEVIN	8:30-9:30AM <b>Kick Boxing</b> CAT	9:00-10:00AM <b>Kick Boxing</b> CAT
11:45AM-12:30PM <b>Boxing Interval</b> MAUREEN						10:15-11:15AM <b>Queenax Metabolic Fit</b> CAT
7:00-8:00PM <b>Kick Boxing</b> CAT	6:35-7:35PM <b>Ultimate</b> KEVIN	7:00-8:00PM <b>Kick Boxing</b> CAT	6:35-7:35PM <b>Ultimate</b> KEVIN	7:00-7:45PM <b>LED Boxing</b> BO		
8:15-9:00PM <b>LED Boxing</b> BO	7:45-8:45PM <b>Queenax Metabolic Fit</b> CAT		7:45-8:30 PM <b>Best of Both Worlds</b> BO			
YOGA STUDIO						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	8:00-9:00AM <b>Therapeutic Yoga</b> SUZY	8:00-9:00AM <b>Healthy Backs</b> KELLY	8:00-9:00AM <b>Therapeutic Yoga</b> SUZY		8:00-9:00AM <b>Healthy Backs</b> SHERI	
9:00-10:15AM <b>Vinyasa</b> ANN	9:15-10:30AM <b>Art of Vinyasa</b> SUZY	9:15-10:15AM <b>Slow Flow</b> KELLY	9:15-10:30AM <b>Art of Vinyasa</b> SUZY	9:15-10:15AM <b>Sculpt &amp; Flow</b> ANN	9:15-10:30AM <b>Vinyasa</b> SHERI	8:45-9:45AM <b>Yin</b> MARY
10:30-11:30AM <b>Hatha Yoga</b> KELLY	10:45-11:45AM <b>Hatha</b> CAROL HELENA	10:30-11:30AM <b>PiYo</b> LINDA U.	11:00AM-12:00PM <b>Hatha Yoga</b> ANN	10:30-11:30AM <b>Hatha Yoga</b> ANN	11:00AM-12:00PM <b>Hatha Yoga</b> ANN	10:00-11:00AM <b>Slow Flow</b> MARY
4:30-5:30PM <b>Healthy Backs</b> LINDA				No Gentle Yoga		4:30-5:30PM <b>Yogalates</b> SUZY
5:45-6:45PM <b>Slow Flow</b> LINDA		6:00-7:00PM <b>Yin</b> KARYN				
7:00-8:00PM <b>Hatha Yoga</b> TODD	6:45-7:45PM <b>Healthy Backs</b> LINDSAY	7:15-8:15PM <b>Slow Flow</b> LAURA	6:15-7:30PM <b>Vinyasa</b> TODD			
POOL						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
No Aqua		No Aqua		9:15-10:15AM <b>Aqua</b> NORENE		

♥ - heart rate monitoring available      ★ - infrared heat