

Group Training 100 Week of January 15th, 2018

STUDIO A						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30-6:30AM Cardio & Strength SANDRA	5:45-6:45AM Cardio & Strength SUZANNE		5:45-6:45AM H.I.I.T. KIM			
8:15-9:15AM Stretch & Strength SUZANNE	8:00-9:00AM P90X BRIAN	8:15-9:15AM Body Conditioning ANN	8:00-9:00AM Step & Strength ANN	8:00-9:00AM H.I.I.T. KIM ♥		
9:15-10:15AM Cardio & Strength AMY	9:15-10:15AM Meta Cardio Mix C.R. ♥	9:15-10:15AM Zumba JENNIFER	9:15-10:15AM Body Conditioning ANN	9:15-10:15AM Zumba JENNIFER	9:00-10:00AM Step Special LISA	9:00-10:15AM Athletic Conditioning SANDRA
10:15-11:15AM Cardio Circuit DEBBIE	10:30-11:30AM Zumba KRISTEN	10:15-11:15AM Barre Fitness EMILY	10:30-11:30AM P90X BRIAN	10:30-11:30AM Basic Cardio DEBBIE	10:00-11:00AM Body Conditioning LISA	
11:15AM-12:15PM Senior Balance Strength & Stretch ANN	11:45AM-12:30PM Body Conditioning MAUREEN	11:15AM-12:15PM Senior Strength & Stretch SUZANNE	12:00-12:55PM Cardio Room & Stretch SUZANNE	11:45AM-12:30PM H.I.I.T. KIM		1:00-2:00PM Barre Fitness CARRIE
5:45-6:45PM Zumba KRISTEN	5:45-6:45PM Barre Fitness TESIA	5:45-6:45PM Step & Strength LISA	5:30-6:30PM Zumba NATALIE			
6:45-7:45PM Body Conditioning DEBBIE	7:00-7:45PM H.I.I.T. KIM ♥	7:00-8:00PM P90X BRIAN	6:30-7:30PM MC Row, Peddle & Kettle SANDRA ♥			
CYCLING STUDIO ♥ - heart rate monitoring available in all Cycle classes						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		5:45-6:45AM Rouge Ride LINDA		5:45-6:45AM Cycle Challenge LINDA		
	8:00-8:45AM Basic Cycle LINDA		8:00-9:00AM CycleZone LINDA		8:00-9:00AM Sprints KIM	8:30-9:30AM CycleZone TIFFANY
9:15-10:15AM CycleZone KIM		9:15-10:15AM All Terrain TIFFANY		9:15-10:15AM CycleZone TIFFANY		
5:45-6:45PM CycleZone: Power LINDA U.	5:45-6:45PM CycleZone HILARY	6:15-7:15PM CycleZone MAUREEN	5:45-6:45PM CycleZone DEBBIE			
BOOT CAMP / BOXING						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:05-7:05AM Ultimate KEVIN	6:15-7:00AM LED Boxing BO	6:05-7:05AM Power Hour SARAH		6:05-7:05AM Ultimate KEVIN	7:25-8:25AM Ultimate KEVIN	
9:05-10:05AM Power Hour ♥		9:05-10:05AM Power Hour SARAH		9:05-10:05AM Ultimate KEVIN	8:30-9:30AM Kick Boxing CAT	9:00-10:00AM Kick Boxing CAT ♥
11:45AM-12:30PM Boxing Interval BRIAN						10:15-11:15AM Queenax Metabolic Fit CAT ♥
7:00-8:00PM Kick Boxing ♥	6:35-7:35PM Ultimate KEVIN	7:00-8:00PM Kick Boxing ♥	6:35-7:35PM Ultimate KEVIN	7:00-7:45PM LED Boxing BO		
8:15-9:00PM LED Boxing BO	7:45-8:45PM Queenax Metabolic Fit CAT ♥	8:15-9:15PM Cardio Boxing BO	7:45-8:30 PM Best of Both Worlds BO			
YOGA STUDIO						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			6:15-7:15AM Sunrise Yoga CHARLES			
	8:00-9:00AM ★ Therapeutic Yoga SUZY	8:00-9:00AM Healthy Backs KELLY	8:00-9:00AM ★ Therapeutic Yoga SUZY		8:00-9:00AM Healthy Backs SHERI	
9:00-10:15AM ★ Vinyasa ANN	9:15-10:30AM ★ Art of Vinyasa SUZY	9:15-10:15AM Slow Flow KELLY	9:15-10:30AM ★ Art of Vinyasa SUZY	9:15-10:15AM Sculpt & Flow ANN	9:15-10:30AM ★ Vinyasa SHERI	8:45-9:45AM ★ Yin BELINDA
10:30-11:30AM Hatha Yoga KELLY	10:45-11:45AM Hatha CHARLES	10:30-11:30AM PiYo LINDA U.	11:00AM-12:00PM Hatha Yoga ANN	10:30-11:30AM Hatha Yoga ANN	11:00AM-12:00PM Hatha Yoga ANN	10:00-11:00AM ★ Slow Flow BELINDA
4:30-5:30PM Healthy Backs LINDA				11:45AM-1:00PM Gentle Yoga MIMI		4:30-5:30PM ★ Yogalates SUZY
5:45-6:45PM Slow Flow LINDA		6:00-7:00PM ★ Yin KARYN				
7:00-8:00PM Hatha Yoga KAVITHA	6:45-7:45PM Healthy Backs ANN	7:15-8:15PM ★ Slow Flow LAURA	New Class Time: 6:15-7:30PM ★ Vinyasa TODD			
POOL						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:15-10:15AM Aqua DEBBIE		9:15-10:15AM Aqua C.R.		9:15-10:15AM Aqua NORENE		

♥ - heart rate monitoring available ★ - infrared heat

Group Training 100 Week of January 22nd, 2018

STUDIO A						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30-6:30AM Cardio & Strength SANDRA	5:45-6:45AM Cardio & Strength SUZANNE		5:45-6:45AM H.I.I.T. KIM			
8:15-9:15AM Stretch & Strength SUZANNE	8:00-9:00AM P90X BRIAN	8:15-9:15AM Body Conditioning ANN	8:00-9:00AM Step & Strength ANN	8:00-9:00AM H.I.I.T. KIM ♥		
9:15-10:15AM Cardio & Strength LINDA U.	9:15-10:15AM Meta Cardio Mix AMY ♥	9:15-10:15AM Zumba JENNIFER	9:15-10:15AM Body Conditioning ANN	9:15-10:15AM Zumba JENNIFER	9:00-10:00AM Step Special TERRY	9:00-10:15AM Athletic Conditioning SANDRA
10:15-11:15AM Cardio Circuit DEBBIE	10:30-11:30AM Zumba KRISTEN	10:15-11:15AM Barre Fitness EMILY	10:30-11:30AM P90X BRIAN	10:30-11:30AM Basic Cardio C.R.	10:00-11:00AM Body Conditioning TERRY	
11:15AM-12:15PM Senior Balance Strength & Stretch DEBBIE	11:45AM-12:30PM Body Conditioning MAUREEN	11:15AM-12:15PM Senior Strength & Stretch SUZANNE	12:00-12:55PM Cardio Room & Stretch SUZANNE	11:45AM-12:30PM P90X BRIAN		1:00-2:00PM Barre Fitness CARRIE
5:45-6:45PM Zumba KRISTEN	5:45-6:45PM Barre Fitness TESIA	5:45-6:45PM Step & Strength C.R.	5:30-6:30PM Zumba NATALIE			
6:45-7:45PM Body Conditioning DEBBIE	7:00-7:45PM H.I.I.T. KIM ♥	7:00-8:00PM P90X BRIAN	6:30-7:30PM MC Row, Peddle & Kettle SANDRA ♥			
CYCLING STUDIO ♥ - heart rate monitoring available in all Cycle classes						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		5:45-6:45AM Fast & Furious LINDA		5:45-6:45AM Afterburn LINDA		
	8:00-8:45AM Basic Cycle LINDA		8:00-9:00AM Rouge Ride LINDA		8:00-9:00AM Hits / Years KIM	8:30-9:30AM CycleZone MAUREEN
9:15-10:15AM CycleZone AJ		9:15-10:15AM CycleZone: H.I.I.T. TIFFANY		9:15-10:15AM You Tube Favs AMY		
5:45-6:45PM Monday Ride LINDA U.	5:45-6:45PM CycleZone: H.I.I.T. HILARY	6:15-7:15PM CycleZone MAUREEN	5:45-6:45PM CycleZone HILARY			
BOOT CAMP / BOXING						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:05-7:05AM Ultimate KEVIN	6:15-7:00AM LED Boxing BO	6:05-7:05AM Power Hour SARAH		6:05-7:05AM Ultimate KEVIN	7:25-8:25AM Ultimate KEVIN	
9:05-10:05AM Power Hour ♥		9:05-10:05AM Power Hour SARAH		9:05-10:05AM Ultimate KEVIN	8:30-9:30AM Kick Boxing CAT	9:00-10:00AM Kick Boxing ♥ CAT
11:45AM-12:30PM Boxing Interval MAUREEN						10:15-11:15AM ♥ Queenax Metabolic Fit CAT
7:00-8:00PM Kick Boxing ♥	6:35-7:35PM Ultimate KEVIN	7:00-8:00PM Kick Boxing ♥	6:35-7:35PM Ultimate KEVIN	7:00-7:45PM LED Boxing BO		
8:15-9:00PM LED Boxing BO	7:45-8:45PM ♥ Queenax Metabolic Fit CAT	8:15-9:15PM Cardio Boxing BO	7:45-8:30 PM Best of Both Worlds BO			
YOGA STUDIO						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			6:15-7:15AM Sunrise Yoga CHARLES			
	8:00-9:00AM ★ Therapeutic Yoga SUZY	8:00-9:00AM Healthy Backs KELLY	8:00-9:00AM ★ Therapeutic Yoga SUZY		8:00-9:00AM Healthy Backs SHERI	
9:00-10:15AM ★ Vinyasa ANN	9:15-10:30AM ★ Art of Vinyasa SUZY	9:15-10:15AM Slow Flow KELLY	9:15-10:30AM ★ Art of Vinyasa SUZY	9:15-10:15AM Sculpt & Flow ANN	9:15-10:30AM ★ Vinyasa SHERI	8:45-9:45AM ★ Yin BELINDA
10:30-11:30AM Hatha Yoga KELLY	10:45-11:45AM Hatha CHARLES	10:30-11:30AM PiYo LINDA U.	11:00AM-12:00PM Hatha Yoga ANN	10:30-11:30AM Hatha Yoga ANN	11:00AM-12:00PM Hatha Yoga TODD	10:00-11:00AM ★ Slow Flow BELINDA
4:30-5:30PM Healthy Backs LINDA				11:45AM-1:00PM Gentle Yoga MIMI		4:30-5:30PM ★ Yogalates SUZY
5:45-6:45PM Slow Flow LINDA		6:00-7:00PM ★ Yin KARYN				
7:00-8:00PM Hatha Yoga KAVITHA	6:45-7:45PM Healthy Backs ANN	7:15-8:15PM ★ Slow Flow KARYN	6:15-7:30PM ★ Vinyasa TODD			
POOL						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:15-10:15AM Aqua DEBBIE		9:15-10:15AM Aqua C.R.		9:15-10:15AM Aqua NORENE		

♥ - heart rate monitoring available ★ - infrared heat