

Group Training 100

May 28 - June 3, 2018

STUDIO A						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Club Hours: 5:30 am-1pm Pool Hours: 12:00-6:00pm	5:45-6:45AM Cardio & Strength SUZANNE		5:45-6:45AM H.I.I.T. 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. AMY		
9:00-10:30AM Triple Threat: Cardio, Strength, & Core AMY	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 KRISTEN	9:00-10:00AM Step Special LISA	9:00-10:15AM Athletic Conditioning C.R.
	10:30-11:30AM Zumba KRISTEN	10:15-11:15AM Barre Fitness EMILY	10:30-11:30AM P90X BRIAN	10:30-11:30AM P90X BRIAN	10:30-11:30AM Basic Cardio C.R.	10:00-11:00AM Body Conditioning LISA
 MEMORIAL DAY	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		No 1:00 Barre Intensity
	5:45-6:45PM Barre Fitness TESIA	5:45-6:45PM Step & Strength BELINDA	5:45-6:45PM Zumba NATALIE			
	7:00-8:00PM H.I.I.T. LINDA U.	7:00-8:00PM P90X BRIAN	7:00-8:00PM Meta Cardio Mash Up CAT			
CYCLING STUDIO						
♥ - heart rate monitoring available in all Cycle classes						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		5:45-6:45AM Runnin on Empty LINDA		5:45-6:45AM CycleZone HIIT LINDA		
	8:00-8:45AM Basic Cycle LINDA		8:00-9:00AM Rock & Ride LINDA		8:00-9:00AM CyclePower MAUREEN	8:30-9:30AM CycleZone TIFFANY
9:15-10:15AM CycleZone: Power AJ		9:15-10:15AM Spring Sprints TIFFANY		9:15-10:15AM CycleZone AMY		
	5:45-6:45PM CycleZone: H.I.I.T. HILARY	No 6:15 CycleZone	5:45-6:45PM CycleZone HILARY			
BOOT CAMP / BOXING						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:15-9:30AM Holiday Boot Camp KEVIN & LINDA	6:15-7:00AM LED Boxing BO	6:05-7:05AM Power Hour CAT		6:05-7:05AM Ultimate KEVIN	7:25-8:25AM Ultimate KEVIN	
 MEMORIAL DAY		9:05-10:05AM Total Training LINDA U.		9:05-10:05AM Ultimate KEVIN	8:30-9:30AM Kick Boxing CAT	9:00-10:00AM Kick Boxing CAT
		12:10-12:50PM Kick Boxing CAT				10:15-11:15AM Queenax Metabolic Fit CAT
		6:35-7:35PM Ultimate KEVIN	7:00-8:00PM Kick Boxing CAT	6:35-7:35PM Ultimate KEVIN	7:00-7:45PM LED Boxing BO	
	No 7:45PM Queenax		7:45-8:30 PM Best of Both Worlds BO			
YOGA STUDIO						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:00-9:00AM ★ Healthy Backs SUZY	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 MARY	
9:15-10:30AM ★ Art of Vinyasa SUZY	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 MARY	8:45-9:45AM ★ Yin KARYN
	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 KARYN
				11:45AM-1:00PM Gentle Yoga CHARLES		4:30-5:30PM ★ Yogalates SUZY
		6:00-7:00PM ★ Yin KARYN				
	6:45-7:45PM Healthy Backs LINDSAY	7:15-8:15PM ★ Slow Flow KARYN	6:15-7:30PM ★ Vinyasa TODD			
POOL						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
No Aqua		9:15-10:15AM Aqua C.R.		9:15-10:15AM Aqua NORENE		

♥ - heart rate monitoring available ★ - infrared heat