





## Group Training 100 Week of March 12th, 2018

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

♥ - heart rate monitoring available      ★ - infrared heat

## Group Training 100 Week of March 19th, 2018

| STUDIO A  |  |  |  |   |   |  |
|---|--|--|--|---|---|--|
| Monday  | Tuesday  | Wednesday  | Thursday   | Friday  | Saturday  | Sunday   |
|   | 5:45-6:45AM<br><b>Cardio &amp; Strength</b><br>SUZANNE |  | 5:45-6:45AM<br>H.I.I.T.<br>KIM                                   |   |   |  |
| 8:15-9:15AM<br><b>Stretch &amp; Strength</b><br>SUZANNE                       | 8:00-9:00AM<br><b>P90X</b><br>BRIAN                    | 8:15-9:15AM<br><b>Body Conditioning</b><br>ANN                         | 8:00-9:00AM<br><b>Step &amp; Strength</b><br>ANN                 | 8:00-9:00AM<br>H.I.I.T.<br>KIM ♥                      |   |  |
| 9:15-10:15AM<br><b>Cardio &amp; Strength</b><br>C.R.                          | 9:15-10:15AM<br><b>Meta Cardio Mix</b><br>AMY ♥        | 9:15-10:15AM<br><b>Zumba</b><br>JENNIFER                               | 9:15-10:15AM<br><b>Body Conditioning</b><br>ANN                  | 9:15-10:15AM<br><b>Zumba</b><br>JENNIFER              | 9:00-10:00AM<br><b>Step Special</b><br>LISA       | 9:00-10:15AM<br><b>Athletic Conditioning</b><br>C.R.   |
| 10:15-11:15AM<br><b>Cardio Circuit</b><br>DEBBIE                              | 10:30-11:30AM<br><b>Zumba</b><br>KRISTEN               | 10:15-11:15AM<br><b>Barre Fitness</b><br>EMILY                         | 10:30-11:30AM<br><b>P90X</b><br>BRIAN                            | 10:30-11:30AM<br><b>Basic Cardio</b><br>C.R.          | 10:00-11:00AM<br><b>Body Conditioning</b><br>LISA |  |
| 11:15AM-12:15PM<br><b>Senior Balance<br/>Strength &amp; Stretch</b><br>DEBBIE | 11:45AM-12:30PM<br><b>Body Conditioning</b><br>MAUREEN | 11:15AM-12:15PM<br><b>Senior Strength<br/>&amp; Stretch</b><br>SUZANNE | 12:00-12:55PM<br><b>Cardio Room &amp;<br/>Stretch</b><br>SUZANNE | 11:45AM-12:30PM<br><b>P90X</b><br>BRIAN               |   | 1:00-2:00PM<br><b>Barre Fitness</b><br>CARRIE          |
| 5:45-6:45PM<br><b>Zumba</b><br>NATALIE  | 5:45-6:45PM<br><b>Barre Fitness</b><br>TESIA           | 5:45-6:45PM<br><b>Step &amp; Strength</b><br>BELINDA                   | 5:30-6:30PM<br><b>Zumba</b><br>NATALIE                           |   |   |  |
| 6:45-7:45PM<br><b>Body Conditioning</b><br>BELINDA                            | 7:00-8:00PM<br>H.I.I.T.<br>KIM ♥                       | 7:00-8:00PM<br><b>P90X</b><br>BRIAN                                    | 6:30-7:30PM<br><b>Meta Cardio Mash Up</b><br>KIM ♥               |   |   |  |
| CYCLING STUDIO ♥ - heart rate monitoring available in all Cycle classes       |  |  |  |   |   |  |
| Monday  | Tuesday  | Wednesday  | Thursday   | Friday  | Saturday  | Sunday   |
|   |  | 5:45-6:45AM<br><b>Fireball</b><br>LINDA                                |  | 5:45-6:45AM<br><b>Friday Fury</b><br>LINDA            |   |  |
|   | 8:00-8:45AM<br><b>Basic Cycle</b><br>LINDA             |  | 8:00-9:00AM<br><b>Cycle I.T.</b><br>LINDA                        |   | 8:00-9:00AM<br><b>CycleZone</b><br>KIM            | 8:30-9:30AM<br><b>Sunday Funday</b><br>TIFFANY         |
| 9:15-10:15AM<br><b>CycleZone</b><br>AJ  |  | 9:15-10:15AM<br><b>CycleZone</b><br>TIFFANY                            |  | 9:15-10:15AM<br><b>CycleZone: H.I.I.T.</b><br>TIFFANY |   |  |
| 5:45-6:45PM<br><b>80's / 90's</b><br>LINDA U.                                 | 5:45-6:45PM<br><b>Sprints &amp; Hills</b><br>HILARY    | 6:15-7:15PM<br><b>CycleZone</b><br>MAUREEN                             | 5:45-6:45PM<br><b>CycleZone</b><br>HILARY                        |   |   |  |
| BOOT CAMP / BOXING  |  |  |  |   |   |  |
| Monday  | Tuesday  | Wednesday  | Thursday   | Friday  | Saturday  | Sunday   |
| 6:05-7:05AM<br><b>Ultimate</b><br>KEVIN                                       | 6:15-7:00AM<br><b>LED Boxing</b><br>BO                 | 6:05-7:05AM<br><b>Power Hour</b><br>KIM                                |  | 6:05-7:05AM<br><b>Ultimate</b><br>KEVIN               | 7:25-8:25AM<br><b>Ultimate</b><br>KEVIN           |  |
| 9:05-10:05AM<br><b>Total Training</b><br>LINDA U. ♥                           |  | 9:05-10:05AM<br><b>Total Training</b><br>LINDA U.                      |  | 9:05-10:05AM<br><b>Ultimate</b><br>KEVIN              | 8:30-9:30AM<br><b>Kick Boxing</b><br>CAT          | 9:00-10:00AM<br><b>Kick Boxing</b><br>CAT ♥            |
| 11:45AM-12:30PM<br><b>Boxing Interval</b><br>MAUREEN                          |  |  |  |   |   | 10:15-11:15AM<br><b>Queenax Metabolic Fit</b><br>CAT ♥ |
| 7:00-8:00PM<br><b>Kick Boxing</b><br>CAT ♥                                    | 6:35-7:35PM<br><b>Ultimate</b><br>KEVIN                | 7:00-8:00PM<br><b>Kick Boxing</b><br>CAT ♥                             | 6:35-7:35PM<br><b>Ultimate</b><br>KEVIN                          | 7:00-7:45PM<br><b>LED Boxing</b><br>BO                |   |  |
| 8:15-9:00PM<br><b>LED Boxing</b><br>BO  | 7:45-8:45PM<br><b>Queenax Metabolic Fit</b><br>CAT ♥   | 8:15-9:15PM<br><b>Cardio Boxing</b><br>BO                              | 7:45-8:30 PM<br><b>Best of Both Worlds</b><br>BO                 |   |   |  |
| YOGA STUDIO   |  |  |  |   |   |  |
| Monday  | Tuesday  | Wednesday  | Thursday   | Friday  | Saturday  | Sunday   |
|   |  |  | 6:15-7:15AM<br><b>Sunrise Yoga</b><br>CHARLES                    |   |   |  |
|   | 8:00-9:00AM<br>★ <b>Therapeutic Yoga</b><br>SUZY       | 8:00-9:00AM<br><b>Healthy Backs</b><br>KELLY                           | 8:00-9:00AM<br>★ <b>Therapeutic Yoga</b><br>SUZY                 |   | 8:00-9:00AM<br><b>Healthy Backs</b><br>SHERI      |  |
| 9:00-10:15AM<br>★ <b>Vinyasa</b><br>ANN                                       | 9:15-10:30AM<br>★ <b>Art of Vinyasa</b><br>SUZY        | 9:15-10:15AM<br><b>Slow Flow</b><br>KELLY                              | 9:15-10:30AM<br>★ <b>Art of Vinyasa</b><br>SUZY                  | 9:15-10:15AM<br><b>Sculpt &amp; Flow</b><br>ANN       | 9:15-10:30AM<br>★ <b>Vinyasa</b><br>SHERI         | 8:45-9:45AM<br>★ <b>Yin</b><br>BELINDA                 |
| 10:30-11:30AM<br><b>Hatha Yoga</b><br>KELLY                                   | 10:45-11:45AM<br><b>Hatha</b><br>CHARLES               | 10:30-11:30AM<br><b>PiYo</b><br>LINDA U.                               | 11:00AM-12:00PM<br><b>Hatha Yoga</b><br>ANN                      | 10:30-11:30AM<br><b>Hatha Yoga</b><br>ANN             | 11:00AM-12:00PM<br><b>Hatha Yoga</b><br>TODD      | 10:00-11:00AM<br>★ <b>Slow Flow</b><br>BELINDA         |
| 4:30-5:30PM<br><b>Healthy Backs</b><br>LINDA                                  |  |  |  | 11:45AM-1:00PM<br><b>Gentle Yoga</b><br>MIMI          |   | 4:30-5:30PM<br>★ <b>Yogalates</b><br>SUZY              |
| 5:45-6:45PM<br><b>Slow Flow</b><br>LINDA                                      |  | 6:00-7:00PM<br>★ <b>Yin</b><br>KARYN                                   |  |   |   |  |
| 7:00-8:00PM<br><b>Hatha Yoga</b><br>KAVITHA                                   | 6:45-7:45PM<br><b>Healthy Backs</b><br>TAYLOR          | 7:15-8:15PM<br>★ <b>Slow Flow</b><br>KARYN                             | 6:15-7:30PM<br>★ <b>Vinyasa</b><br>TODD                          |   |   |  |
| POOL  |  |  |  |   |   |  |
| Monday  | Tuesday  | Wednesday  | Thursday   | Friday  | Saturday  | Sunday   |
| 9:15-10:15AM<br><b>Aqua</b><br>DEBBIE   |  | 9:15-10:15AM<br><b>Aqua</b><br>C.R.                                    |  | 9:15-10:15AM<br><b>Aqua</b><br>NORENE                 |   |  |

♥ - heart rate monitoring available      ★ - infrared heat