

Group Training 100 Jan 28 - Feb 3, 2019

STUDIO A						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	5:45-6:45AM Cardio & Strength SUZANNE		5:45-6:45AM MetaCardio MashUp KIM ♥			
8:15-9:15AM Strength & Stretch 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 MetaCardio MashUp KIM ♥	9:15-10:15AM MetaCardio Mix LINDA U ♥	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	8:15-9:30am Athletic Conditioning KIM
10:15-11:15AM Cardio Circuit DEBBIE	10:30-11:30AM WERQ EMILY M	10:15-11:15AM Barre Fitness EMILY	10:30-11:30AM P90X BRIAN	10:30-11:30AM Basic Cardio SUZANNE	10:00-11:00AM Body Conditioning LISA	10:00-11:00am WERQ THERESA
11:15AM-12:15PM Senior Balance Strength & Stretch ANN	11:45AM-12:30PM Body Conditioning MAUREEN	11:15AM-12:15PM Senior Strength & Stretch SUZANNE	12:00-12:45pm Iron 4 Lunch SARAH H	11:45AM-12:30PM P90X BRIAN		
12:30-1:15pm Iron 4 Lunch SARAH H	1:00-2:00pm Mat Pilates AMY K					12:30-1:30 Barre Intensity CARRIE
5:45-6:45PM Zumba KRISTEN	5:45-6:45PM Barre Fitness TESIA	5:45-6:45PM Zumba MEGAN	5:45-6:45pm Strength & Sculpt KIM	5:45-6:45pm WERQ EMILY M		
6:45-7:45PM Body Conditioning MAUREEN	7:00-8:00PM H.I.I.T. KIM ♥	7:00-8:00PM P90X BRIAN	7:00-8:00PM MetaCardio MashUp KIM ♥			
CYCLING STUDIO ♥ - HEART RATE MONITORING AVAILABLE IN ALL CYCLE CLASSES						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	8:00-8:45AM Basic Cycle LINDA	5:45-6:45AM CycleZone: Tabata Trail LINDA	8:00-9:00AM CycleZone LINDA	5:45-6:45AM Cycle I.T. LINDA	8:00-9:00AM CycleZone KIM	8:30-9:30AM CycleZone H.I.I.T. TIFFANY
9:15-10:15AM CycleZone: All Terrain TIFFANY		9:15-10:15AM CZ: Midweek Mashups TIFFANY		9:15-10:15AM CycleZone: Pop Rocks AMY		
	5:45-6:45PM CycleZone: Endurance HILARY		5:45-6:45PM CycleZone H.I.I.T. HILARY			
BOOT CAMP / BOXING WRAPS OR GLOVES REQUIRED FOR ALL BOXING/KICKBOXING CLASSES						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:05-7:00AM Ultimate Bootcamp KEVIN	6:15-7:00AM LED Boxing BO	6:00-7:00am Best of Both Worlds BO		6:05-7:00AM Ultimate Bootcamp KEVIN	7:25-8:25AM Ultimate Bootcamp KEVIN	9:00-10:00AM Cardio KickBoxing CAT ♥
9:05-10:00AM Total Training Bootcamp LINDA U. ♥	9:15-10:00am KickBoxing 45 CAT ♥	9:05-10:00AM Total Training Bootcamp LINDA U. ♥	9:15-10:00am KickBoxing 45 CAT ♥	9:05-10:00AM Ultimate Bootcamp KEVIN	8:30-9:30AM Cardio KickBoxing CAT	10:15-11:15AM Queenax Functional Fit CAT
12:00-12:45pm Kickboxing 45 CAT ♥		12:00-12:45pm KickBoxing 45 CAT ♥				
7:00-8:00PM Cardio KickBoxing CAT ♥	6:35-7:30PM Ultimate Bootcamp KEVIN	7:00-8:00PM Cardio KickBoxing CAT ♥	6:35-7:30PM Ultimate Bootcamp KEVIN	7:00-7:45PM LED Boxing BO	No LED Boxing	
			No Best of Both Worlds			
YOGA STUDIO						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	8:00-9:00AM ★ Therapeutic Yoga SUZY	8:00-9:00AM Healthy Backs MJ	8:00-9:00AM Therapeutic Yoga SUZY ★	9:15-10:15AM Sculpt & Flow ANN	8:00-9:00AM Healthy Backs SHERI	8:45-9:45AM Yin ★ KARYN
9:00-10:15AM ★ Vinyasa ANN	9:15-10:30AM ★ Ashtanga SUZY	9:15-10:15AM HATHA MJ	9:15-10:30AM ★ Art of Vinyasa SUZY	10:30-11:30AM Hatha Yoga ANN	9:15-10:30AM ★ Vinyasa SHERI	10:00-11:00AM Slow Flow ★ KARYN
10:30-11:30am Hatha Yoga KAVITHA	10:45-11:45AM Hatha CHARLES	10:30-11:30AM PiYo LINDA U.	11:00AM-12:00PM Hatha Yoga KAVITHA	11:45AM-1:00PM Gentle Yoga MIMI	11:00AM-12:00PM Hatha Yoga ANN	4:30-5:30PM ★ Yogalates SUZY
4:30-5:30PM Healthy Backs LINDA T						
5:45-6:45PM Slow Flow LINDA T		6:00-7:00PM ★ Yin KARYN	5:30-6:30pm Healthy Backs CHARLES			
7:00-8:00PM Intermediate Flow KAVITHA	★ 6:45-7:45PM StrongCore/HealthyBack KAVITHA	7:15-8:15PM ★ Slow Flow LAURA				
POOL						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:15-10:15AM Aqua DEBBIE		9:15-10:15AM Aqua ANN		9:15-10:15AM Aqua NORENE		

♥ - heart rate monitoring available ★ - infrared heat

Group Training 100 Feb 4 - 10, 2019

STUDIO A						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	5:45-6:45AM Cardio & Strength SUZANNE		5:45-6:45AM MetaCardio MashUp KIM ♥			
8:15-9:15AM Strength & Stretch 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 MetaCardio MashUp KIM ♥	9:15-10:15AM MetaCardio 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	8:15-9:30am Athletic Conditioning KIM
10:15-11:15AM Cardio Circuit DEBBIE	10:30-11:30AM WERQ EMILY M	10:15-11:15AM Barre Fitness EMILY	10:30-11:30AM P90X BRIAN	10:30-11:30AM Basic Cardio LINDA U	10:00-11:00AM Body Conditioning TERRY	10:00-11:00am WERQ THERESA
11:15AM-12:15PM Senior Balance Strength & Stretch DEBBIE	11:45AM-12:30PM Body Conditioning MAUREEN	11:15AM-12:15PM Senior Strength & Stretch SUZANNE	12:00-12:45pm Iron 4 Lunch SARAH H	11:45AM-12:30PM P90X BRIAN		
12:30-1:15pm Iron 4 Lunch SARAH H	1:00-2:00pm Mat Pilates AMY K					12:30-1:30 Barre Intensity CARRIE
5:45-6:45PM Zumba KRISTEN	5:45-6:45PM Barre Fitness TESIA	5:45-6:45PM Zumba MEGAN	5:45-6:45pm Strength & Sculpt DEBBIE	5:45-6:45pm WERQ EMILY M		
6:45-7:45PM Body Conditioning MAUREEN	7:00-8:00PM H.I.I.T. KIM ♥	7:00-8:00PM P90X BRIAN	7:00-8:00PM MetaCardio MashUp KIM ♥			
CYCLING STUDIO ♥ - HEART RATE MONITORING AVAILABLE IN ALL CYCLE CLASSES						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	8:00-8:45AM Basic Cycle LINDA	5:45-6:45AM CycleZone: The Sprint LINDA	8:00-9:00AM CycleZone I.T. LINDA	5:45-6:45AM Tabata Cycle LINDA	8:00-9:00AM CycleZone H.I.I.T. KIM	8:30-9:30AM CycleZone TIFFANY
9:15-10:15AM CZ: Monday Mountains TIFFANY		9:15-10:15AM CycleZone: All Terrain TIFFANY		9:15-10:15AM CycleZone HILL AMY		
	5:45-6:45PM CycleZone HILARY		5:45-6:45PM CycleZone KIM			
BOOT CAMP / BOXING WRAPS OR GLOVES REQUIRED FOR ALL BOXING/KICKBOXING CLASSES						
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YOGA STUDIO						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	8:00-9:00AM ★ Therapeutic Yoga SUZY	8:00-9:00AM Healthy Backs MJ	8:00-9:00AM ★ Therapeutic Yoga SUZY	9:15-10:15AM Sculpt & Flow ANN	8:00-9:00AM Healthy Backs CAROL HELENA	
9:00-10:15AM ★ Vinyasa ANN	9:15-10:30AM ★ Art of Vinyasa SUZY	9:15-10:15AM HATHA MJ	9:15-10:30AM ★ Art of Vinyasa SUZY	10:30-11:30AM Hatha Yoga ANN	9:15-10:30AM ★ Vinyasa CAROL HELENA	8:45-9:45AM ★ Yin KARYN
10:30-11:30am Hatha Yoga KAVITHA	10:45-11:45AM Hatha CHARLES	10:30-11:30AM PiYo LINDA U.	11:00AM-12:00PM Hatha Yoga KAVITHA	11:45AM-1:00PM Gentle Yoga MIMI	11:00AM-12:00PM Hatha Yoga TODD	10:00-11:00AM ★ Slow Flow KARYN
4:30-5:30PM Healthy Backs LINDA T						4:30-5:30PM ★ Yogalates SUZY
5:45-6:45PM Slow Flow LINDA T		6:00-7:00PM ★ Yin KARYN				
7:00-8:00PM Intermediate Flow KAVITHA	★ 6:45-7:45PM StrongCore/HealthyBack KAVITHA	7:15-8:15PM ★ Slow Flow KARYN	6:30-7:30pm ★ Vinyasa RUSTY			
POOL						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:15-10:15AM Aqua DEBBIE		9:15-10:15AM Aqua ANN		9:15-10:15AM Aqua NORENE		

♥ - heart rate monitoring available ★ - infrared heat