

## Group Training 100 May 20 - 26, 2019

| 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>MetaCardio MashUp</b><br>KIM ♥   |  |   |   |
| 8:15-9:15AM<br><b>Strength &amp; Stretch</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</b><br>ANN                  | 8:00-9:00AM<br><b>H.I.I.T.</b> ♥<br>KIM            | 7:50-8:50am<br><b>WERQ</b><br>KASIA               |   |
| 9:15-10:15AM<br><b>MetaCardio MashUp</b><br>KIM ♥   | 9:15-10:15AM<br><b>MetaCardio Mix</b><br>LINDA U ♥        | 9:15-10:15AM<br><b>Zumba</b><br>KRISTEN                            | 9:15-10:15AM<br><b>Body Conditioning</b><br>ANN    | 9:15-10:15AM<br><b>Latin Dance Fit</b><br>KRISTEN  | 9:00-10:00AM<br><b>Step Special</b><br>LISA       | 8:15-9:30am<br><b>Athletic Conditioning</b><br>KIM    |
| 10:15-11:15AM<br><b>Cardio Circuit</b><br>DEBBIE  | 10:30-11:30AM<br><b>WERQ</b><br>EMILY M                   | 10:15-11:15AM<br><b>Barre Fitness</b><br>EMILY B                   | 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 | 10:00-11:00am<br><b>WERQ</b><br>THERESA               |
| 11:15AM-12:15PM<br><b>Senior Balance, 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 &amp; Stretch</b><br>SUZANNE |  | 11:45AM-12:30PM<br><b>P90X</b><br>BRIAN            |   |   |
|   | 1:00-2:00pm<br><b>Mat Pilates</b><br>AMY K                |  | 1:00-2:00pm<br><b>Mat Pilates</b><br>AMY K         |  |   | 12:30-1:30<br><b>Barre Intensity</b><br>CARRIE        |
| 5:45-6:45PM<br><b>Zumba</b><br>KRISTEN  | 5:45-6:45pm<br><b>WERQ</b><br>EMILY M                     | 5:45-6:45PM<br><b>WERQ</b><br>KASIA                                | 5:45-6:45pm<br><b>Strength &amp; Sculpt</b><br>KIM | 5:45-6:45pm<br><b>WERQ</b><br>KASIA                |   |   |
| 6:45-7:45PM<br><b>Body Conditioning</b><br>MAUREEN  | 7:00-8:00PM<br><b>H.I.I.T.</b> ♥<br>KIM                   | 7:00-8:00PM<br><b>P90X</b><br>BRIAN                                | 7:00-8:00PM<br><b>MetaCardio MashUp</b><br>KIM ♥   |  |   |   |
| CYCLING STUDIO ♥ - HEART RATE MONITORING AVAILABLE IN ALL CYCLE CLASSES   |   |  |  |  |   |   |
| MONDAY  | TUESDAY   | WEDNESDAY  | THURSDAY   | FRIDAY   | SATURDAY  | SUNDAY  |
|   | 8:00-8:45AM<br><b>Basic Cycle</b><br>LINDA D              | 5:45-6:45AM<br><b>CycleZone TOUGH TURF</b><br>LINDA D              | 8:00-9:00AM<br><b>Cycle Challenge</b><br>LINDA D   | 5:45-6:45AM<br><b>GO CYCLE!</b><br>LINDA D         | 8:00-9:00AM<br><b>CycleZone TABATA</b><br>KIM     | 8:30-9:30AM<br><b>CycleZone</b><br>TIFFANY            |
| No CycleZone  |   | 9:15-10:15AM<br><b>CycleZone H.I.I.T.</b><br>TIFFANY               |  | 9:15-10:15AM<br><b>CycleZone PopRocks</b><br>AMY C |   |   |
|   | 5:45-6:45PM<br><b>CZ ENDURANCE</b><br>KIM                 |  | 5:45-6:45PM<br><b>CycleZone H.I.I.T.</b><br>HILARY |  |   |   |
| WRAPS/GLOVES REQUIRED FOR ALL BOXING/KB BOOT CAMP / BOXING WRAPS OR GLOVES REQUIRED FOR ALL BOXING/KICKBOXING CLASSES |   |  |  |  |   |   |
| MONDAY  | TUESDAY   | WEDNESDAY  | THURSDAY   | FRIDAY   | SATURDAY  | SUNDAY  |
| 6:05-7:00AM<br><b>Ultimate Bootcamp</b><br>KEVIN  | 6:15-7:00AM<br><b>LED Boxing</b><br>BO                    | 6:00-7:00am<br><b>Best of Both Worlds</b><br>BO                    |  | 6:05-7:00AM<br><b>Ultimate Bootcamp</b><br>KEVIN   | 7:25-8:25AM<br><b>Ultimate Bootcamp</b><br>KEVIN  | 9:00-10:00AM<br><b>Cardio KickBoxing</b><br>CAT       |
| 9:05-10:00AM<br><b>Total Training Bootcamp</b><br>LINDA U. ♥  | 9:15-10:00am<br><b>KickBoxing 45</b><br>CAT               | 9:05-10:00AM<br><b>Total Training Bootcamp</b><br>LINDA U. ♥       | 9:15-10:00am<br><b>KickBoxing 45</b><br>CAT        | 9:05-10:00AM<br><b>Ultimate Bootcamp</b><br>KEVIN  | 8:30-9:30AM<br><b>Cardio KickBoxing</b><br>CAT    | 10:15-11:15AM<br><b>Queenax Functional Fit</b><br>CAT |
| 12:00-12:45pm<br><b>Kickboxing 45</b><br>CAT  |   | 12:00-12:45pm<br><b>KickBoxing 45</b><br>CAT                       |  |  |   |   |
| 7:00-8:00PM<br><b>Cardio KickBoxing</b> ♥<br>CAT  | 6:35-7:30PM<br><b>Ultimate Bootcamp</b><br>KEVIN          | 7:00-8:00PM<br><b>Cardio KickBoxing</b> ♥<br>CAT                   | 6:35-7:30PM<br><b>Ultimate Bootcamp</b><br>KEVIN   |  |   |   |
| YOGA STUDIO   |   |  |  |  |   |   |
| MONDAY  | TUESDAY   | WEDNESDAY  | THURSDAY   | FRIDAY   | SATURDAY  | SUNDAY  |
|   | 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   | 9:15-10:15AM<br><b>Sculpt &amp; Flow</b><br>ANN    | 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>Ashtanga</b><br>SUZY                 | 9:15-10:15AM<br><b>Hatha Yoga</b><br>KELLY                         | 9:15-10:30AM<br>★ <b>Art of Vinyasa</b><br>SUZY    | 10:30-11:30AM<br><b>Hatha Yoga</b><br>ANN          | 9:15-10:30AM<br>★ <b>Vinyasa</b><br>SHERI         | 8:45-9:45AM<br>★ <b>Yin</b><br>MARY                   |
| 10:30-11:30am<br><b>Hatha Yoga</b><br>LINDSAY   | 10:45-11:45AM<br><b>Hatha Yoga</b><br>CHARLES             | 10:30-11:30AM<br><b>PiYo</b><br>LINDA U.                           | 11:00AM-12:00PM<br><b>Hatha Yoga</b><br>LINDSAY    | 11:45AM-1:00PM<br><b>Gentle Yoga</b><br>MIMI       | 11:00AM-12:00PM<br><b>Hatha Yoga</b><br>ANN       | 10:00-11:00AM<br>★ <b>Slow Flow</b><br>MARY           |
| 4:30-5:30PM<br><b>Healthy Backs</b><br>LINDA T  |   |  |  |  |   | 4:30-5:30PM<br>★ <b>Yogalates</b><br>SUZY             |
| 5:45-6:45PM<br><b>Slow Flow</b><br>LINDA T  |   | 6:00-7:00PM<br>★ <b>Yin</b><br>KARYN                               | 6:15-7:30PM<br>★ <b>VINYASA</b><br>RUSTY           |  |   |   |
| 7:00-8:00PM<br><b>Hatha Yoga</b><br>LINDA T   | ★ 6:45-7:45PM<br><b>StrongCore/HealthyBack</b><br>LINDSAY | 7:15-8:15PM<br>★ <b>Slow Flow</b><br>LAURA                         | 7:45-8:45pm<br><b>RESTORATIVE YOGA</b><br>RUSTY    |  |   |   |
| 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>ANN                                 |  | 9:15-10:15AM<br><b>Aqua</b><br>NORENE              |   |   |

♥ - heart rate monitoring available

★ - infrared heat

## Group Training 100 May 27 - June 2, 2019

| STUDIO A  |  |  |  |  |  |  |  |
|---|--|--|--|--|--|--|--|
| MONDAY  | TUESDAY  | WEDNESDAY  | THURSDAY   | FRIDAY   | SATURDAY   | SUNDAY   |  |
| Club Hours:<br>5:30am-1pm   | 5:45-6:45AM<br><b>Cardio &amp; Strength</b><br>SUZANNE |  | 5:45-6:45AM<br><b>MetaCardio MashUp</b><br>KIM ♥       |  |  |  |  |
| Pool Hours:<br>12:00-6:00pm   | 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</b><br>ANN                      | 8:00-9:00AM<br><b>H.I.I.T.</b> ♥<br>KIM            | 7:50-8:50am<br><b>WERQ</b><br>KASIA                      |  |  |
| 8:15-9:30AM<br><b>Pilates &amp; Props</b><br>AMY K  | 9:15-10:15AM<br><b>MetaCardio Mix</b> ♥<br>AMY C       | 9:15-10:15AM<br><b>Zumba</b><br>KRISTEN                            | 9:15-10:15AM<br><b>Body Conditioning</b><br>ANN        | 9:15-10:15AM<br><b>Latin Dance Fit</b><br>JENNIFER | 9:00-10:00AM<br><b>Step Special</b><br>TERRY             | 9:05-10:00am<br><b>BollyX</b><br>DEEPTHI                   |  |
| 9:45-11:00am<br><b>Memorial Tabatas</b><br>MAUREEN  | 10:30-11:30AM<br><b>WERQ</b><br>KASIA                  | 10:15-11:15AM<br><b>Barre Fitness</b><br>EMILY B                   | 10:30-11:30AM<br><b>P90X</b><br>BRIAN                  | 10:30-11:30AM<br><b>Basic Cardio</b><br>LINDA U    | 10:00-11:00AM<br><b>Body Conditioning</b><br>TERRY       | 10:00-11:00am<br><b>WERQ</b><br>THERESA                    |  |
|                                      | 11:45AM-12:30PM<br><b>Body Conditioning</b><br>MAUREEN | 11:15AM-12:15PM<br><b>Senior Strength &amp; Stretch</b><br>SUZANNE | 11:45am-12:45pm<br><b>Chair Yoga</b><br>KIM T          | 11:45AM-12:30PM<br><b>P90X</b><br>BRIAN            |  |  |  |
|   | 1:00-2:00pm<br><b>Mat Pilates</b><br>AMY K             |  | 1:00-2:00pm<br><b>Mat Pilates</b><br>AMY K             |  |  | 12:30-1:30<br><b>Barre Intensity</b><br>CARRIE             |  |
|   | 5:45-6:45pm<br><b>WERQ</b><br>KASIA                    | 5:45-6:45PM<br><b>Zumba</b><br>MEGAN                               | 5:45-6:45pm<br><b>Strength &amp; Sculpt</b><br>LINDA U | 5:45-6:45pm<br><b>WERQ</b><br>KASIA                |  |  |  |
|   | 7:00-8:00PM<br><b>H.I.I.T.</b> ♥<br>KIM                | 7:00-8:00PM<br><b>P90X</b><br>BRIAN                                | 7:00-8:00PM<br><b>MetaCardio MashUp</b><br>KIM ♥       |  |  |  |  |
| CYCLING STUDIO ♥ - HEART RATE MONITORING AVAILABLE IN ALL CYCLE CLASSES   |  |  |  |  |  |  |  |
| MONDAY  | TUESDAY  | WEDNESDAY  | THURSDAY   | FRIDAY   | SATURDAY   | SUNDAY   |  |
|   | 8:00-8:45AM<br><b>Basic Cycle</b><br>LINDA D           | 5:45-6:45AM<br><b>CycleZone H.I.I.T.</b><br>LINDA D                | 8:00-9:00AM<br><b>CZ Runnin' on Empty</b><br>LINDA D   | 5:45-6:45AM<br><b>CycleZone</b><br>LINDA D         | 8:00-9:00AM<br><b>CycleZone Best of 2018</b><br>KIM      | 8:30-9:30AM<br><b>CycleZone</b><br>TIFFANY                 |  |
| 7:30-8:15am<br><b>MEMORIAL DAY RIDE</b><br>TIFFANY  |  | 9:15-10:15AM<br><b>CycleZone H.I.I.T. Hills</b><br>TIFFANY         |  | 9:15-10:15AM<br><b>CycleZone POWER</b><br>AMY C    |  |  |  |
|   | CycleZone<br>KELLY                                     |  | 5:45-6:45PM<br><b>CycleZone</b><br>KIM                 |  |  |  |  |
| WRAPS/GLOVES REQUIRED FOR ALL BOXING/KB BOOT CAMP / BOXING WRAPS OR GLOVES REQUIRED FOR ALL BOXING/KICKBOXING CLASSES |  |  |  |  |  |  |  |
| MONDAY  | TUESDAY  | WEDNESDAY  | THURSDAY   | FRIDAY   | SATURDAY   | SUNDAY   |  |
|   | 6:15-7:00AM<br><b>LED Boxing</b><br>BO                 | 6:00-7:00am<br><b>Best of Both Worlds</b><br>BO                    |  | 6:05-7:00AM<br><b>Ultimate Bootcamp</b><br>KEVIN   | 7:25-8:25am<br><b>Total Training Bootcamp</b><br>LINDA U | 9:00-10:00AM<br><b>Cardio KickBoxing</b><br>CAT            |  |
| 9:30-10:30 am<br><b>Cardio KickBoxing</b><br>CAT  | 9:15-10:00am<br><b>KickBoxing 45</b><br>CAT            | 9:05-10:00AM<br><b>Total Training Bootcamp</b><br>LINDA U. ♥       | 9:15-10:00am<br><b>KickBoxing 45</b><br>CAT            | 9:05-10:00AM<br><b>Ultimate Bootcamp</b><br>KEVIN  | 8:30-9:30AM<br><b>Cardio KickBoxing</b><br>CAT           | 10:15-11:15am<br><b>Total Training Bootcamp</b><br>LINDA U |  |
|                                    |  | 12:00-12:45pm<br><b>KickBoxing 45</b><br>CAT                       |  |  |  |  |  |
|   |  | 6:35-7:30PM<br><b>Ultimate Bootcamp</b><br>KEVIN                   | 7:00-8:00PM<br><b>Cardio KickBoxing</b> ♥<br>CAT       | 6:35-7:30PM<br><b>Ultimate Bootcamp</b><br>KEVIN   |  |  |  |
| YOGA STUDIO   |  |  |  |  |  |  |  |
| MONDAY  | TUESDAY  | WEDNESDAY  | THURSDAY   | FRIDAY   | SATURDAY   | SUNDAY   |  |
| 8:00-9:00am<br><b>FreedomFocus SlowFlow</b><br>MARY   | 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       | 9:15-10:15AM<br><b>Sculpt &amp; Flow</b><br>ANN    | 8:00-9:00AM<br><b>Healthy Backs</b><br>MARY              |  |  |
| 9:15-10:15am<br><b>Blend Yoga</b><br>KIM T  | 9:15-10:30AM<br>★ <b>Art of Vinyasa</b><br>SUZY        | 9:15-10:15AM<br><b>HATHA</b><br>KELLY                              | 9:15-10:30AM<br>★ <b>Art of Vinyasa</b><br>SUZY        | 10:30-11:30AM<br><b>Hatha Yoga</b><br>ANN          | 9:15-10:30AM<br>★ <b>Vinyasa</b><br>MARY                 | 8:45-9:45AM<br>★ <b>Yin</b><br>KARYN                       |  |
| 10:30-11:30am<br><b>Yin Yoga</b><br>KIM T   | 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>LINDSAY        | 11:45AM-1:00PM<br><b>Gentle Yoga</b><br>MIMI       | 11:00AM-12:00PM<br><b>Hatha Yoga</b><br>TODD             | 10:00-11:00AM<br>★ <b>Slow Flow</b><br>KARYN               |  |
|                                    |  | 6:00-7:00PM<br>★ <b>Yin</b><br>KARYN                               | 6:15-7:30PM<br>★ <b>VINYASA</b><br>RUSTY               |  |  | 4:30-5:30PM<br>★ <b>Yogalates</b><br>SUZY                  |  |
|   |  | ★ 6:45-7:45PM<br><b>StrongCore/HealthyBack</b><br>LINDSAY          | 7:15-8:15PM<br>★ <b>Slow Flow</b><br>KARYN             | 7:45-8:45pm<br><b>RESTORATIVE YOGA</b><br>RUSTY    |  |  |  |
| POOL  |  |  |  |  |  |  |  |
| MONDAY  | TUESDAY  | WEDNESDAY  | THURSDAY   | FRIDAY   | SATURDAY   | SUNDAY   |  |
|   |  | 9:15-10:15AM<br><b>Aqua</b><br>ANN                                 |  | 9:15-10:15AM<br><b>Aqua</b><br>NORENE              |  |  |  |

♥ - heart rate monitoring available      ★ - infrared heat