

## Group Training 100 Dec 3 - 9, 2018

STUDIO A						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	5:45-6:45AM <b>Cardio &amp; Strength</b> SUZANNE		5:45-6:45AM <b>MetaCardio MashUp</b> KIM ♥			
8:15-9:15AM <b>Strength &amp; Stretch</b> SUZANNE	8:00-9:00AM <b>P90X</b> BRIAN	8:15-9:15AM <b>Body Conditioning</b> ANN	8:00-9:00AM <b>Step &amp; Strength</b> ANN	8:00-9:00AM H.I.I.T. ♥ KIM		
9:15-10:15AM <b>MetaCardio MashUp</b> KIM ♥	9:15-10:15AM <b>MetaCardio Mix</b> LINDA U ♥	9:15-10:15AM <b>Zumba</b> JENNIFER	9:15-10:15AM <b>Body Conditioning</b> ANN	9:15-10:15AM <b>Zumba</b> JENNIFER	9:00-10:00AM <b>Step Special</b> LISA	8:45-9:45 <b>Athletic Conditioning</b> KIM
10:15-11:15AM <b>Cardio Circuit</b> DEBBIE	10:30-11:30AM <b>Zumba</b> KRISTEN	10:15-11:15AM <b>Barre Fitness</b> EMILY	10:30-11:30AM <b>P90X</b> BRIAN	10:30-11:30AM <b>Basic Cardio</b> LINDA U	10:00-11:00AM <b>Body Conditioning</b> LISA	10:00-11:00am <b>WERQ</b> THERESA
11:15AM-12:15PM <b>Senior Balance</b> <b>Strength &amp; Stretch</b> ANN	11:45AM-12:30PM <b>Body Conditioning</b> MAUREEN	11:15AM-12:15PM <b>Senior Strength &amp; Stretch</b> SUZANNE	12:00-12:45pm <b>Iron 4 Lunch</b> SARAH H	11:45AM-12:30PM <b>P90X</b> BRIAN		
12:30-1:15pm <b>Iron 4 Lunch</b> SARAH H	1:00-2:00pm <b>Mat Pilates</b> AMY K					12:30-1:30 <b>Barre Intensity</b> CARRIE
5:45-6:45PM <b>Zumba</b> KRISTEN	5:45-6:45PM <b>Barre Fitness</b> TESIA	5:45-6:45PM <b>Zumba</b> MEGAN	5:45-6:45pm <b>Strength &amp; Sculpt</b> KIM	5:45-6:45pm <b>WERQ</b> EMILY M		
6:45-7:45PM <b>Body Conditioning</b> BELINDA	7:00-8:00PM H.I.I.T. ♥ KIM	7:00-8:00PM <b>P90X</b> BRIAN	7:00-8:00PM <b>MetaCardio MashUp</b> KIM ♥			
CYCLING STUDIO ♥ - HEART RATE MONITORING AVAILABLE IN ALL CYCLE CLASSES						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	8:00-8:45AM <b>Basic Cycle</b> LINDA	5:45-6:45AM <b>CycleZone: The Sprint</b> LINDA	8:00-9:00AM <b>CycleZone H.I.I.T.</b> LINDA	5:45-6:45AM <b>CZ Drills with Hills</b> LINDA	8:00-9:00AM <b>CZ: Hits Over the Years</b> KIM	8:30-9:30AM <b>CycleZone</b> TIFFANY
9:15-10:15AM <b>CZ Monday Mountains</b> TIFFANY		9:15-10:15AM <b>CycleZone H.I.I.T.</b> TIFFANY		9:15-10:15AM <b>CycleZone</b> AMY		
	5:45-6:45PM <b>CycleZone</b> HILARY		5:45-6:45PM <b>CycleZone</b> HILARY			
BOOT CAMP / BOXING WRAPS OR GLOVES REQUIRED FOR ALL BOXING/KICKBOXING CLASSES						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:05-7:05AM <b>Ultimate Bootcamp</b> KEVIN	6:15-7:00AM <b>LED Boxing</b> BO	6:00-7:00am <b>Best of Both Worlds</b> BO		6:05-7:05AM <b>Ultimate Bootcamp</b> KEVIN	7:25-8:25AM <b>Ultimate Bootcamp</b> KEVIN	9:00-10:00AM <b>Cardio KickBoxing</b> CAT ♥
9:05-10:00AM <b>Total Training Bootcamp</b> LINDA U. ♥	9:05-10:00am <b>Cardio KickBoxing</b> CAT ♥	9:05-10:00AM <b>Total Training Bootcamp</b> LINDA U. ♥		9:05-10:00AM <b>Ultimate Bootcamp</b> KEVIN	8:30-9:30AM <b>Cardio KickBoxing</b> CAT	10:15-11:15AM <b>Queenax Functional Fit</b> CAT
12:00-12:45pm <b>Kickboxing 45</b> CAT ♥		12:00-12:45pm <b>Kickboxing 45</b> CAT ♥				
7:00-8:00PM <b>Cardio KickBoxing</b> CAT ♥	6:35-7:35PM <b>Ultimate Bootcamp</b> KEVIN	7:00-8:00PM <b>Cardio KickBoxing</b> CAT ♥	6:35-7:35PM <b>Ultimate Bootcamp</b> KEVIN	7:00-7:45PM <b>LED Boxing</b> BO	4:00-4:45pm <b>LED Boxing</b> BO	
			7:45-8:30 PM <b>Best of Both Worlds</b> BO			
YOGA STUDIO						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	8:00-9:00AM <b>Healthy Backs (sub)</b> ANN (sub) ★	8:00-9:00AM <b>Healthy Backs</b> KELLY	8:00-9:00AM <b>Healthy Backs (sub)</b> MARY (sub) ★	9:15-10:15AM <b>Sculpt &amp; Flow</b> ANN	8:00-9:00AM <b>Healthy Backs</b> SHERI	
9:00-10:15AM ★ <b>Vinyasa</b> ANN	9:15-10:30AM ★ <b>Vinyasa</b> ANN (sub)	9:15-10:15AM <b>HATHA</b> KELLY	9:15-10:30AM ★ <b>Vinyasa</b> MARY (sub)	10:30-11:30AM <b>Hatha Yoga</b> ANN	9:15-10:30AM ★ <b>Vinyasa</b> SHERI	8:45-9:45AM ★ <b>Yin</b> MARY
10:30-11:30am <b>Hatha Yoga</b> KAVITHA	10:45-11:45AM <b>Hatha</b> CHARLES	10:30-11:30AM <b>PiYo</b> LINDA U.	11:00AM-12:00PM <b>Hatha Yoga</b> KAVITHA	11:45AM-1:00PM <b>Gentle Yoga</b> MIMI	11:00AM-12:00PM <b>Hatha Yoga</b> ANN	10:00-11:00AM ★ <b>Slow Flow</b> MARY
4:30-5:30PM <b>Healthy Backs</b> LINDA						4:30-5:30PM ★ <b>Healthy Backs (sub)</b> BRIAN (sub)
5:45-6:45PM <b>Slow Flow</b> LINDA		6:00-7:00PM ★ <b>Yin</b> KARYN				
7:00-8:00PM <b>Hatha Yoga</b> KAVITHA	6:45-7:45PM ★ <b>Healthy Backs</b> KAVITHA (sub)	7:15-8:15PM ★ <b>Slow Flow</b> LAURA	6:15-7:30PM ★ <b>Vinyasa</b> MJ (sub)			
POOL						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:15-10:15AM <b>Aqua</b> DEBBIE		9:15-10:15AM <b>Aqua</b> ANN		9:15-10:15AM <b>Aqua</b> NORENE		

♥ - heart rate monitoring available      ★ - infrared heat

## Group Training 100 Dec 10-16, 2018

STUDIO A						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	5:45-6:45AM <b>Cardio &amp; Strength</b> SUZANNE		5:45-6:45AM <b>MetaCardio MashUp</b> KIM ♥			
8:15-9:15AM <b>Strength &amp; Stretch</b> SUZANNE	8:00-9:00AM <b>P90X</b> BRIAN	8:15-9:15AM <b>Body Conditioning</b> ANN	8:00-9:00AM <b>Step &amp; Strength</b> ANN	8:00-9:00AM <b>H.I.I.T.</b> KIM ♥		
9:15-10:15AM <b>MetaCardio MashUp</b> KIM ♥	9:15-10:15AM <b>MetaCardio Mix</b> AMY ♥	9:15-10:15AM <b>Zumba</b> JENNIFER	9:15-10:15AM <b>Body Conditioning</b> ANN	9:15-10:15AM <b>WERQ (sub)</b> EMILY M (sub)	9:00-10:00AM <b>Step Special</b> TERRY	8:45-9:45 <b>Athletic Conditioning</b> KIM
10:15-11:15AM <b>Cardio Circuit</b> DEBBIE	10:30-11:30AM <b>Zumba</b> KRISTEN	10:15-11:15AM <b>Barre Fitness</b> EMILY	10:30-11:30AM <b>P90X</b> BRIAN	10:30-11:30AM <b>Basic Cardio</b> LINDA U	10:00-11:00AM <b>Body Conditioning</b> TERRY	10:00-11:00am <b>WERQ</b> THERESA
11:15AM-12:15PM <b>Senior Balance</b> <b>Strength &amp; Stretch</b> DEBBIE	11:45AM-12:30PM <b>Body Conditioning</b> MAUREEN	11:15AM-12:15PM <b>Senior Strength &amp; Stretch</b> SUZANNE	12:00-12:45pm <b>Iron 4 Lunch</b> SARAH H	11:45AM-12:30PM <b>P90X</b> BRIAN		
12:30-1:15pm <b>Iron 4 Lunch</b> SARAH H	1:00-2:00pm <b>Mat Pilates</b> AMY K					12:30-1:30 <b>Barre Intensity</b> CARRIE
5:45-6:45PM <b>Zumba</b> KRISTEN	5:45-6:45PM <b>Barre Fitness</b> TESIA	5:45-6:45PM <b>Zumba</b> MEGAN	5:45-6:45pm <b>Strength &amp; Sculpt</b> KIM	5:45-6:45pm <b>WERQ</b> EMILY M		
6:45-7:45PM <b>Body Conditioning</b> KIM (sub)	7:00-8:00PM <b>H.I.I.T.</b> KIM ♥	7:00-8:00PM <b>P90X</b> BRIAN	7:00-8:00PM <b>MetaCardio MashUp</b> KIM ♥			
CYCLING STUDIO ♥ - HEART RATE MONITORING AVAILABLE IN ALL CYCLE CLASSES						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	8:00-8:45AM <b>Basic Cycle</b> KIM (sub)	5:45-6:45AM <b>CZ: Over the Years</b> KIM (sub)	8:00-9:00AM <b>CZ: Drills w/ Hills</b> KIM (sub)	5:45-6:45AM <b>CycleZone H.I.I.T.</b> KIM (sub)	8:00-9:00AM <b>CycleZone</b> KIM	8:30-9:30AM <b>CycleZone All Terrain</b> TIFFANY
9:15-10:15AM <b>CycleZone H.I.I.T.</b> TIFFANY		9:15-10:15AM <b>CZ Midweek Mountains</b> TIFFANY		9:15-10:15AM <b>CycleZone POWER</b> AMY		
	5:45-6:45PM <b>CycleZone</b> HILARY		5:45-6:45PM <b>CycleZone</b> HILARY			
BOOT CAMP / BOXING WRAPS OR GLOVES REQUIRED FOR ALL BOXING/KICKBOXING CLASSES						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:05-7:05AM <b>Ultimate Bootcamp</b> KEVIN	6:15-7:00AM <b>LED Boxing</b> BO	6:00-7:00am <b>Best of Both Worlds</b> BO		6:05-7:05AM <b>Ultimate Bootcamp</b> KEVIN	7:25-8:25AM <b>Ultimate Bootcamp</b> KEVIN	9:00-10:00AM <b>Cardio KickBoxing</b> CAT ♥
9:05-10:00AM <b>Total Training Bootcamp</b> LINDA U. ♥	9:05-10:00am <b>Cardio KickBoxing</b> CAT ♥	9:05-10:00AM <b>Total Training Bootcamp</b> LINDA U. ♥		9:05-10:00AM <b>Ultimate Bootcamp</b> KEVIN	8:30-9:30AM <b>Cardio KickBoxing</b> CAT	10:15-11:15AM <b>Queenax Functional Fit</b> CAT
12:00-12:45pm <b>Kickboxing 45</b> CAT ♥		12:00-12:45pm <b>Kickboxing 45</b> CAT ♥				
7:00-8:00PM <b>Cardio KickBoxing</b> CAT ♥	6:35-7:35PM <b>Ultimate Bootcamp</b> KEVIN	7:00-8:00PM <b>Cardio KickBoxing</b> CAT ♥	6:35-7:35PM <b>Ultimate Bootcamp</b> KEVIN	7:00-7:45PM <b>LED Boxing</b> BO	4:00-4:45pm <b>LED Boxing</b> BO	
			7:45-8:30 PM <b>Best of Both Worlds</b> BO			
YOGA STUDIO						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	8:00-9:00AM ★ <b>Therapeutic Yoga</b> SUZY	8:00-9:00AM <b>Healthy Backs</b> KELLY	8:00-9:00AM ★ <b>Therapeutic Yoga</b> SUZY	9:15-10:15AM <b>Sculpt &amp; Flow</b> ANN	8:00-9:00AM <b>Healthy Backs</b> MARY	
9:00-10:15AM ★ <b>Vinyasa</b> ANN	9:15-10:30AM ★ <b>Art of Vinyasa</b> SUZY	9:15-10:15AM <b>HATHA</b> KELLY	9:15-10:30AM ★ <b>Art of Vinyasa</b> SUZY	10:30-11:30AM <b>Hatha Yoga</b> ANN	9:15-10:30AM ★ <b>Vinyasa</b> MARY	8:45-9:45AM ★ <b>Yin</b> KARYN
10:30-11:30am <b>Hatha Yoga</b> KAVITHA	10:45-11:45AM <b>Hatha</b> CHARLES	10:30-11:30AM <b>PiYo</b> LINDA U.	11:00AM-12:00PM <b>Hatha Yoga</b> KAVITHA	11:45AM-1:00PM <b>Gentle Yoga</b> MIMI	11:00AM-12:00PM <b>Hatha Yoga</b> TODD	10:00-11:00AM ★ <b>Slow Flow</b> KARYN
4:30-5:30PM <b>Healthy Backs</b> LINDA						4:30-5:30PM ★ <b>Yogalates</b> SUZY
5:45-6:45PM <b>Slow Flow</b> LINDA		6:00-7:00PM ★ <b>Yin</b> KARYN				
7:00-8:00PM <b>Hatha Yoga</b> KAVITHA	6:45-7:45PM ★ <b>Healthy Backs</b> KAVITHA (sub)	7:15-8:15PM ★ <b>Slow Flow</b> KARYN	6:15-7:30PM ★ <b>Slow Burn</b> MIKE			
POOL						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:15-10:15AM <b>Aqua</b> DEBBIE		9:15-10:15AM <b>Aqua</b> ANN		9:15-10:15AM <b>Aqua</b> NORENE		

♥ - heart rate monitoring available      ★ - infrared heat