

Group Training 100 June 3 - 9, 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 ANN	8:00-9:00AM H.I.I.T. ♥ KIM	7:50-8:50am WERQ KASIA	
9:15-10:15AM MetaCardio MashUp KIM ♥	9:15-10:15AM MetaCardio Mix LINDA U ♥	9:15-10:15AM Zumba KRISTEN	9:15-10:15AM Body Conditioning ANN	9:15-10:15AM Latin Dance Fit JENNIFER	9:00-10:00AM Step Special LISA	9:05-10:00am BollyX DEEPTHI
10:15-11:15AM Cardio Circuit DEBBIE	10:30-11:30AM WERQ EMILY M	10:15-11:15AM BARRE Fitness EMILY B	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	11:45am-12:45pm Chair Yoga KIM Th	11:45AM-12:30PM P90X BRIAN		
	No Mat Pilates		No Mat Pilates			12:30-1:30 Barre Intensity CARRIE
	4:30-5:30pm PiYo CLARE			4:30-5:15pm Pilates Interval Training CLARE		
5:45-6:45PM Zumba KRISTEN	5:45-6:45pm BARRE CLARE	5:45-6:45PM Zumba MEGAN	5:45-6:45pm Strength & Sculpt KIM	5:45-6:45pm WERQ KASIA		
6:45-7:45PM Body Conditioning MAUREEN	7:00-8:00PM ♥ H.I.I.T. KIM	No P90X	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 D	5:45-6:45AM HIIT Cycle LINDA D	8:00-9:00AM CZ Hills & Drills LINDA D	5:45-6:45AM CycleZone Rock IT LINDA D	8:00-9:00AM CycleZone KELLY	8:30-9:30AM CycleZone ALL TERRAIN TIFFANY
9:15-10:15AM CZ HIIT Hills TIFFANY		9:15-10:15AM CycleZone TIFFANY		9:15-10:15AM CycleZone SummerTime AMY C		
	5:45-6:45PM CycleZone HILARY		5:45-6:45PM CycleZone 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 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 Total Training Bootcamp LINDA U	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 Total Training Bootcamp LINDA U
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			
YOGA STUDIO						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	8:00-9:00AM Therapeutic Yoga SUZY ★	8:00-9:00AM Healthy Backs KELLY	8:00-9:00AM Therapeutic Yoga SUZY ★	9:15-10:15AM Sculpt & Flow ANN	8:00-9:00AM Healthy Backs SHERI	
9:00-10:15AM ★ Vinyasa ANN	9:15-10:30AM ★ Ashtanga SUZY	9:15-10:15AM HATHA KELLY	9:15-10:30AM ★ Art of Vinyasa SUZY	10:30-11:30AM Hatha Yoga ANN	9:15-10:30AM ★ Vinyasa SHERI	8:45-9:45AM ★ Yin MARY
10:30-11:30am Hatha Yoga CAROL HELENA	10:45-11:45AM Hatha CHARLES	10:30-11:30AM PiYo LINDA U.	11:00AM-12:00PM Hatha Yoga LINDSAY	11:45AM-1:00PM Gentle Yoga MIMI	11:00AM-12:00PM Hatha Yoga ANN	10:00-11:00AM ★ Slow Flow MARY
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	6:15-7:30PM ★ VINYASA RUSTY			
7:00-8:00PM Hatha Yoga LINDA T	★ 6:45-7:45PM StrongCore/HealthyBack LINDSAY	7:15-8:15PM ★ Slow Flow LAURA	7:45-8:45pm RESTORATIVE YOGA 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

Group Training 100 June 10 - 16, 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	8:00-9:00am Body Conditioning C.R.	8:00-9:00AM Ball & BOSU Amy C	8:00-9:00AM H.I.I.T. KIM ♥	7:50-8:50am WERQ KASIA	
9:15-10:15AM MetaCardio MashUp KIM ♥	9:15-10:15AM MetaCardio Mix AMY C ♥	9:15-10:15AM Zumba KRISTEN	9:15-10:15AM Body Conditioning LINDA U	9:15-10:15AM WERQ KASIA	9:00-10:00AM Step Special LISA	9:05-10:00am BollyX DEEPTHI
10:15-11:15AM Cardio Circuit DEBBIE	10:30-11:30AM WERQ KASIA	10:15-11:15AM BARRE Fitness EMILY B	10:30-11:30AM P90X BRIAN	10:30-11:30AM Basic Cardio DEBBIE	10:00-11:00AM Body Conditioning LISA	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 Chair Yoga KIM Th	11:45am-12:45pm Chair Yoga KIM T	11:45AM-12:30PM P90X MAUREEN		
	1:00-2:00pm Mat Pilates AMY K		1:00-2:00pm Mat Pilates AMY K			12:30-1:30 Barre Intensity CARRIE
	4:30-5:30pm PiYo CLARE			4:30-5:15pm Pilates Interval Training CLARE		
5:45-6:45PM Zumba KRISTEN	5:45-6:45pm BARRE CLARE	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 D	5:45-6:45AM Climb Cycle LINDA D	8:00-9:00AM H.I.I.T. Cycle LINDA D	5:45-6:45AM Speed Cycle LINDA D	8:00-9:00AM CycleZone 80's Movies KIM	8:30-9:30AM CycleZone TAYLOR
9:15-10:15AM CycleZone All Terrain TIFFANY		9:15-10:15AM H.I.I.T. Hills TIFFANY		9:15-10:15AM CycleZone 80's & 90's AMY C		
	5:45-6:45PM CycleZone HILARY		5:45-6:45PM CycleZone 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 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 Total Training Bootcamp LINDA U	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 Total Training Bootcamp LINDA U
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			
YOGA STUDIO						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	8:00-9:00AM Therapeutic Yoga SUZY ★	8:00-9:00AM Healthy Backs KELLY	8:00-9:00AM Therapeutic Yoga SUZY ★	8:00-9:00 am Sunrise Flow KIM Th	8:00-9:00AM Healthy Backs MARY	
9:00-10:15AM ★ Vinyasa ANN	9:15-10:30AM ★ Art of Vinyasa SUZY	9:15-10:15AM HATHA KELLY	9:15-10:30AM ★ Art of Vinyasa SUZY	9:15-10:15AM Slow Flow SUZY	9:15-10:30AM ★ Vinyasa MARY	8:45-9:45AM ★ Yin KARYN
10:30-11:30am Hatha Yoga LINDSAY	10:45-11:45AM Hatha CHARLES	10:30-11:30AM PiYo LINDA U.	11:00AM-12:00PM Hatha Yoga LINDSAY	10:30-11:30AM Hatha Yoga SUZY	11:00AM-12:00PM Hatha Yoga TODD	10:00-11:00AM ★ Slow Flow KARYN
4:30-5:30PM Healthy Backs LINDA T				11:45AM-1:00PM Gentle Yoga MIMI		4:30-5:30PM ★ Yogalates SUZY
5:45-6:45PM Slow Flow LINDA T		6:00-7:00PM ★ Yin KARYN	6:15-7:30PM ★ VINYASA RUSTY			
7:00-8:00PM Hatha Yoga LINDA T	★ 6:45-7:45PM StrongCore/HealthyBack LINDSAY	7:15-8:15PM ★ Slow Flow KARYN	7:45-8:45pm RESTORATIVE YOGA RUSTY			
POOL						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:15-10:15AM Aqua DEBBIE		9:15-10:15AM Aqua C.R.		9:15-10:15AM Aqua NORENE		

♥ - heart rate monitoring available ★ - infrared heat