

## Group Training 100 Week of June 12th, 2017

STUDIO A						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30-6:30AM <b>Cardio &amp; Strength</b> SANDRA	5:45-6:45AM <b>Cardio &amp; Strength</b> SUZANNE		5:45-6:45AM H.I.I.T. KIM			
8:15-9:15AM <b>Stretch &amp; Strength</b> SUZANNE		8:15-9:15AM <b>Body Conditioning</b> ANN		8:00-9:00AM H.I.I.T. KIM		
9:15-10:15AM <b>Cardio &amp; Strength</b> CRISTIN	9:15-10:15AM <b>ZUMBA!</b> KRISTEN dance #3	9:15-10:15AM <b>ZUMBA!</b> JENNIFER dance #3	9:15-10:15AM <b>Body Conditioning</b> BELINDA	9:15-10:15AM <b>ZUMBA!</b> JENNIFER	9:00-10:00AM <b>Step Special</b> ANN	9:00-10:15AM <b>Athletic Conditioning</b> SANDRA
10:15-11:15AM <b>Cardio Circuit</b> DEBBIE	9:15-10:15AM <b>Body Conditioning</b> CRISTIN	9:15-10:15AM <b>Barre Fitness</b> EMILY	10:30-11:30AM <b>MC Club HIIT Circuit</b> LINDA U.		10:00-11:00AM <b>Body Conditioning</b> ANN	
11:15AM-12:15PM <b>Senior Balance Strength &amp; Stretch</b> DEBBIE		10:15-11:15AM <b>Step Interval</b> DEBBIE		10:30-11:30AM <b>Basic Cardio</b> CRISTIN		11:00AM-12:00PM <b>ZUMBA!</b> KRISTEN
		11:15AM-12:15PM <b>Senior Strength &amp; Stretch</b> BELINDA	12:00-1:00PM <b>Cardio Room &amp; Stretch</b> BELINDA			
						1:00-2:00PM <b>Barre Fitness</b> TESIA
5:45-6:45PM <b>ZUMBA!</b> KRISTEN	5:45-6:45PM <b>Barre Fitness</b> TESIA	5:45-6:45PM <b>Step &amp; Strength</b> BELINDA	5:30-6:30PM <b>ZUMBA!</b> STEPHANIE			
6:45-7:45PM <b>Body Conditioning</b> BELINDA	6:45-7:45PM H.I.I.T. KIM	7:00-7:45PM <b>MC Club HIIT Circuit</b> LINDA U.	6:30-7:30PM <b>Cardio &amp; Strength</b> SANDRA			
CYCLING STUDIO						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		5:45-6:45AM H.I.I.T. Cycle LINDA		5:45-6:45AM <b>Hills to Climb</b> LINDA		
	8:00-8:45AM <b>Basic Cycle</b> LINDA		8:00-9:00AM <b>Power Ride</b> LINDA		7:30- 8:30AM <b>Lil Country, Lil Rock</b> KIM	8:00-9:00AM <b>CycleZone</b> SANDRA
9:15-10:15AM <b>CycleZone: Endurance</b> AJ		9:15-10:15AM <b>Rise and Grind</b> TIFFANY		9:15-10:15AM H.I.I.T. Cycle TERRY	10:00-11:00AM <b>Drills with Hills</b> KIM	
5:45-6:45PM <b>Drills with Hills</b> KIM	5:45-6:45PM <b>Cycle</b> HILARY	7:00-8:00PM <b>Hills &amp; Sprints</b> SANDRA	5:45-6:45PM <b>Cycle</b> HILARY			
BOOT CAMP / BOXING						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:05-7:05AM <b>Ultimate</b> KEVIN	6:15-7:15AM <b>LED Boxing</b> BO	6:05-7:05AM <b>Power Hour</b> SARAH		6:05-7:05AM <b>Ultimate</b> KEVIN	7:25-8:25AM <b>Ultimate</b> KEVIN	
	8:00-8:45AM <b>Cardio Boxing</b> DEAN					
9:05-10:05AM <b>Power Hour</b> SARAH		9:05-10:05AM <b>Power Hour</b> SARAH		9:05-10:05AM <b>Ultimate</b> KEVIN	8:30-9:30AM <b>Kick Boxing</b> CAT	9:00-10:00AM <b>Kick Boxing</b> CAT
					2:30-3:30PM <b>LED Boxing</b> BO	11:00AM-12:00PM <b>Technique Boxing</b> BO
7:00-8:00PM <b>Kick Boxing</b> CAT	6:35-7:35PM <b>Ultimate</b> KEVIN	7:00-8:00PM <b>Kick Boxing</b> CAT	6:35-7:35PM <b>Ultimate</b> KEVIN			
8:15-9:15PM <b>LED Boxing</b> BO		8:15-9:15PM <b>Cardio Boxing</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		8:00-9:00AM <b>Healthy Backs</b> MARY	
9:00-10:15AM <b>Vinyasa</b> BELINDA	9:15-10:30AM <b>Ashtanga</b> SUZY	9:15-10:15AM <b>Slow Flow</b> KELLY	9:15-10:30AM <b>Art of Vinyasa</b> SUZY	9:00-10:15AM <b>Vinyasa</b> ANN	9:15-10:30AM <b>Vinyasa</b> MARY	8:45-9:45AM <b>Yin</b> LINDSAY
10:30-11:30AM <b>Hatha Yoga</b> BELINDA	10:45-11:30AM <b>Hatha Express</b> TAMEKA	10:30-11:30AM <b>Hatha Yoga</b> TAMEKA	11:00AM-12:00PM <b>Hatha Yoga</b> TAMEKA	10:30-11:30AM <b>Hatha Yoga</b> ANN	11:00AM-12:00PM <b>Hatha Yoga</b> TODD	10:00-11:00AM <b>Slow Flow</b> LINDSAY
4:30-5:30PM <b>Healthy Backs</b> LINDA				11:45AM-1:00PM <b>Gentle Yoga</b> MIMI		4:30-5:30PM <b>Yogalates</b> SUZY
5:45-6:45PM <b>Slow Flow</b> LINDA		6:00-7:00PM <b>Yin</b> MARY				
7:00-8:00PM <b>Hatha Yoga</b> KELLY	6:45-7:45PM <b>Healthy Backs</b> ANN	7:15-8:15PM <b>Slow Flow</b> MARY	6:15-7:30PM <b>Vinyasa</b> LINDA	6:30-7:30PM <b>Yin &amp; Tonic</b> MARY		
POOL						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:15-10:15AM <b>Aqua</b> DEBBIE		9:15-10:15AM <b>Aqua</b> DEBBIE		9:15-10:15AM <b>Aqua</b> NORENE		

♥ - heart rate monitoring available      ★ - infrared heat