

OUTDOOR Group Training Sept 21 - 27, 2020

PARKING LOT						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:15-9:00am Pilates Interval Training Class Limit: 20 CLARE	7:45-8:45am CLIMB Class Limit: 20 BRIAN	8:30-9:30am CYCLE Class Limit: 12 TIFFANY	8:00-9:00am Athletic Conditioning Class Limit: 12 KTP	8:00-9:00am H.I.I.T. Class Limit: 12 KTP	8:00-9:00am CYCLE Class Limit: 12 KTP	8:30-9:30AM CYCLE Class Limit: 12 TIFFANY
		10:15-11:15am BARRE Fitness Class Limit: 20 EMILY B		9:15-10:00am MOVE & TONE Class Limit: 20 CLARE	10:00-10:45am ZUMBA Class Limit: 20 KRISTEN	
5:45-6:30pm ZUMBA Class Limit: 20 KRISTEN	5:45-6:45pm CYCLE Class Limit: 12 HILARY		5:30-6:30pm Strength & Sculpt Class Limit: 12 KTP			
6:45-7:45pm Body Conditioning Class Limit: 12 MAUREEN	7:00-8:00pm H.I.I.T. Class Limit: 12 LINDA U					
BACKYARD GRASS						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		8:00-9:00am Healthy Backs Class Limit: 20 ANN	8:00-9:00am Hatha Yoga Class Limit: 20 KAVITHA		8:30-9:30am Total Training Bootcamp Class Limit: 15 LINDA U	10:15-11:30am Slow Flow Class Limit: 20 AUTUMN
9:30-10:30am Total Training Bootcamp Class Limit: 15 LINDA U.		9:30-10:30am Total Training Bootcamp Class Limit: 15 LINDA U.			10:00-11:15am VINYASA Class Limit: 20 SHERI	
5:45-6:45pm Slow Flow Class Limit: 25 LINDA T	6:45-8:00pm StrongCore/HealthyBack Class Limit: 20 KAVITHA					
BOOTCAMP/BOXING ROOM						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:15-7:00am Best of Both Worlds Class Limit: 15 BO	6:45-7:30am Ultimate Bootcamp Class Limit: 15 KEVIN	6:15-7:00am Best of Both Worlds Class Limit: 15 BO		6:15-7:00am Best of Both Worlds Class Limit: 15 BO		9:00-10:00am Cardio KickBoxing Class Limit: 12 CAT
			9:15-10:15am Cardio KickBoxing Class Limit: 12 CAT	9:15-10:15am Cardio KickBoxing Class Limit: 12 CAT		
7:00-8:00pm Cardio KickBoxing Class Limit: 12 CAT		6:30-7:30pm Cardio KickBoxing Class Limit: 12 CAT				
THORNTON CREEK ELEMENTARY SOCCER FIELD						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
			6:00-7:00pm Outdoor Running & Interval Training (ORIT) HILARY			
POOL						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1:00-2:00pm AQUA Class Limit: 15 DEBBIE		1:00-2:00pm AQUA Class Limit: 15 CAROL				1:00-2:00pm AQUA Class Limit: 15 C.R.
POOL DECKS						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		8:00-9:00pm BALLET Class Limit: 8 Deck Awning STEPHANIE P.			9:00-10:00am BALLET Class Limit: 8 Lifeguard Awning SHANNON H.N.	
					12:15-1:15pm BALLET Class Limit: 8 Deck Awning SHANNON H.N.	

ZOOM Group Training Sept 21 - 27, 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
FITNESS MEMBER EXCLUSIVE! Class participation requires an active fitness membership.						
PLEASE CHECK YOUR EMAIL ON FRIDAYS FOR ZOOM LINK INFORMATION.						
5:45am Body Conditioning LISA	6:30am Circuit Training TIFFANY		8:00am STEP ANN	7:45am CLIMB BRIAN		
7:45am CLIMB BRIAN	8:30am BODY WORK SUZANNE		9:15am Body Conditioning ANN	10:00am Body Conditioning MAUREEN	9:00am Body Conditioning LISA	9:15am BARRE CARRIE
10:00am Hatha Yoga KAVITHA			10:00am Yoga Therapeutics SUZY	10:00am Hatha Yoga ANN		
	11:00am Hatha Yoga CHARLES	11:00am Active Aging SUZANNE	11:00am Gentle Yoga CHARLES	11:15am Active Aging ANN	11:00am-12:00pm Hatha Yoga ANN	
1:00pm Vinyasa/Ashtanga SUZY	1:00pm Sandhill Pilates AMY K	1:00pm Vinyasa/Ashtanga SUZY	1:00pm Mat Pilates AMY K	1:00pm Vinyasa/Ashtanga SUZY		
		5:00pm CLIMB BRIAN				
6:30pm VINYASA KAVITHA		6:00pm ZOOM-BA ERIN	5:00pm BARRE CARRIE			
FITNESS MEMBER EXCLUSIVE! Class participation requires an active fitness membership.						
PLEASE CHECK YOUR EMAIL ON FRIDAYS FOR ZOOM LINK INFORMATION.						

OUTDOOR Group Training Sept 28 - Oct 4, 2020

PARKING LOT						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:15-9:00am Pilates Interval Training Class Limit: 20 CLARE	7:45-8:45am CLIMB Class Limit: 20 BRIAN	8:30-9:30am CYCLE Class Limit: 12 TIFFANY	8:00-9:00am Athletic Conditioning Class Limit: 12 KTP	8:00-9:00am H.I.I.T. Class Limit: 12 KTP	8:00-9:00am CYCLE Class Limit: 12 KTP	8:30-9:30AM CYCLE Class Limit: 12 TIFFANY
		10:15-11:15am BARRE Fitness Class Limit: 20 EMILY B		9:15-10:00am MOVE & TONE Class Limit: 20 CLARE	10:00-10:45am ZUMBA Class Limit: 20 ERIN	
5:45-6:30pm ZUMBA Class Limit: 20 KRISTEN	5:45-6:45pm CYCLE Class Limit: 12 HILARY	5:45-6:30pm ZUMBA Class Limit: 20 ERIN	5:30-6:30pm Strength & Sculpt Class Limit: 12 KTP			
6:45-7:45pm Body Conditioning Class Limit: 12 MAUREEN	7:00-8:00pm H.I.I.T. Class Limit: 12 KTP					
BACKYARD GRASS						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		8:00-9:00am Healthy Backs Class Limit: 20 ANN	8:00-9:00am Hatha Yoga Class Limit: 20 KAVITHA		8:30-9:30am Total Training Bootcamp Class Limit: 15 LINDA U	10:15-11:30am Slow Flow Class Limit: 20 AUTUMN
9:30-10:30am Total Training Bootcamp Class Limit: 15 LINDA U.		9:30-10:30am Total Training Bootcamp Class Limit: 15 LINDA U.			10:00-11:15am VINYASA Class Limit: 20 KIM TH	
5:45-6:45pm Slow Flow Class Limit: 25 LINDA T	6:45-8:00pm StrongCore/HealthyBack Class Limit: 20 KAVITHA					
BOOTCAMP/BOXING ROOM						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:15-7:00am Best of Both Worlds Class Limit: 15 BO	6:45-7:30am Ultimate Bootcamp Class Limit: 15 KEVIN	Best of Both Worlds cancelled returns next week	9:15-10:15am Cardio KickBoxing Class Limit: 12 CAT	9:15-10:15am Cardio KickBoxing Class Limit: 12 CAT		9:00-10:00am Cardio KickBoxing Class Limit: 12 CAT
7:00-8:00pm Cardio KickBoxing Class Limit: 12 CAT		6:30-7:30pm Cardio KickBoxing Class Limit: 12 CAT				
THORNTON CREEK ELEMENTARY SOCCER FIELD						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		6:00-7:00pm Outdoor Running & Interval Training (ORIT) HILARY				
POOL						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1:00-2:00pm AQUA Class Limit: 15 DEBBIE		1:00-2:00pm AQUA Class Limit: 15 C.R.				1:00-2:00pm AQUA Class Limit: 15 C.R.
POOL DECKS						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		8:00-9:00pm BALLET Class Limit: 8 Deck Awning STEPHANIE P.			9:00-10:00am BALLET Class Limit: 8 Lifeguard Awning SHANNON H.N.	
					12:15-1:15pm BALLET Class Limit: 8 Deck Awning SHANNON H.N.	

ZOOM Group Training Sept 28 - Oct 4, 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
FITNESS MEMBER EXCLUSIVE! Class participation requires an active fitness membership.						
PLEASE CHECK YOUR EMAIL ON FRIDAYS FOR ZOOM LINK INFORMATION.						
5:45am Body Conditioning LISA	6:30am Circuit Training TIFFANY		8:00am STEP ANN	7:45am CLIMB BRIAN		
7:45am CLIMB BRIAN	8:30am BODY WORK SUZANNE		9:15am Body Conditioning ANN	10:00am Body Conditioning MAUREEN	9:00am Body Conditioning LISA	9:15am BARRE CARRIE
10:00am Hatha Yoga KAVITHA			10:00am Yoga Therapeutics SUZY	10:00am Hatha Yoga ANN		
	11:00am Hatha Yoga CHARLES	11:00am Active Aging SUZANNE	11:00am Gentle Yoga CHARLES	11:15am Active Aging ANN	11:00am-12:00pm Hatha Yoga ANN	
1:00pm Vinyasa/Ashtanga SUZY	1:00pm Sandhill Pilates AMY K	1:00pm Vinyasa/Ashtanga SUZY	1:00pm Mat Pilates AMY K	1:00pm Vinyasa/Ashtanga SUZY		
		5:00pm CLIMB BRIAN				
6:30pm VINYASA KAVITHA		5:45pm: ZUMBA ERIN	5:00pm BARRE CARRIE			
FITNESS MEMBER EXCLUSIVE! Class participation requires an active fitness membership.						
PLEASE CHECK YOUR EMAIL ON FRIDAYS FOR ZOOM LINK INFORMATION.						