## OUTDOOR Group Training July 27 - Aug 2, 2020

		*	**PARKING LOT*	**		
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	7:45-8:45am	8:30-9:30am	8:00-9:00am		8:00-9:00am	8:30-9:30AM
	CLIMB Class Limit: 20	CYCLE Class Limit: 12	Athletic Conditioning Class Limit: 12		CYCLE Class Limit: 12	Cycle Class Limit: 12
	BRIAN	TIFFANY	KTP		KTP	TIFFANY
9:15-10:00am Pilates Interval Training					10:00-11:00am <b>ZUMBA</b>	
Class Limit: 20					Class Limit: 20	
CLARE		10:15-11:15am			ERIN	
		BARRE Fitness				
		Class Limit: 20 EMILY B				
		LIVILLE				
5:45-6:30pm <b>ZUMBA</b>	5:45-6:45pm <b>CYCLE</b>		5:30-6:30pm Strength & Sculpt	5:00-5:45pm Pilates Interval Training		
Class Limit: 20	Class Limit: 12		Class Limit: 12	Class Limit: 20		
KRISTEN	HILARY 7:00-8:00pm	0.45.7.00	KTP	CLARE		
	7:00-8:00pm <b>H.I.I.T.</b>	6:45-7:30pm Best of Both Worlds				
	Class Limit: 12	Class Limit: 20				
	KTP	ВО				
		***□	ACKVARD CDAG	C***		
MONDAY	TUESDAY	WEDNESDAY	ACKYARD GRAS	FRIDAY	SATURDAY	SUNDAY
MORDAT	TOLODAT	WEDNEGDAT	THORODAT	TRIBAT	GATORDAT	CONDAI
6:15-7:00am	6:45-7:30am	6:15-7:00am	7:00-8:15am	6:15-7:00am		9:00-10:00am
Best of Both Worlds	Ultimate Bootcamp	Best of Both Worlds	Hatha Yoga	Best of Both Worlds		MA Sports Conditioning
Class Limit: 20	Class Limit: 20	Class Limit: 20	Class Limit: 25	Class Limit: 20		Class Limit: 12
ВО	KEVIN 8:00-9:00am	BO 8:00-9:00am	KAVITHA	ВО	8:30-9:30am	CAT
	Therapeutic Yoga	Healthy Backs			Total Training Bootcamp	
	Class Limit: 25 SUZY	Class Limit: 25 ANN			Class Limit: 20 LINDA U	
9:30-10:30am	9:30-10:45am	9:30-10:30am	9:00-10:00am	8:00-9:00am	10:00-11:15am	10:00-11:15am
Total Training Bootcamp Class Limit: 20	Ashtanga Class Limit: 25	Total Training Bootcamp Class Limit: 20	MA Sports Conditioning Class Limit: 12	H.I.I.T. Class Limit: 12	VINYASA Class Limit: 25	Slow Flow Class Limit: 25
LINDA U.	SUZY	LINDA U.	CAT	KTP	SHERI	KAVITHA
				9:00-10:00am MA Sports Conditioning	11:30am-12:30pm Healthy Backs	
				Class Limit: 12	Class Limit: 25	
				CAT	SHERI	
4:30-5:30am	5:45-6:30pm	5:45-6:30pm				
Healthy Backs Class Limit: 25	BARRE Class Limit: 20	MA Sports Conditioning Class Limit: 12				
LINDA T	CLARE	CAT				
5:45-6:45am Slow Flow	6:45-8:00pm StrongCore/HealthyBack	6:45-8:00pm VINYASA				
Class Limit: 25	Class Limit: 25	Class Limit: 25				
LINDA T	KAVITHA	AUTUMN				
			N LOCATION, TE			
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
			7:00-8:00pm			
			Outdoor Running &			
			Interval Training (ORIT) HILARY			
			***POOL***			
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
					9:00-10:00am	9:00-10:00am
					AQUA	AQUA
					Class Limit: 15 C.R.	Class Limit: 15 C.R.
					0.11.	O.I.C.

## ZOOM Group Training July 27 - Aug 2, 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	FITNESS ME	   MBER EXCLUSIVE! C	lass participation reg	uires an active fitness	membershin	
		SE CHECK YOUR EMA				
				7:45am <b>CLIMB</b> BRIAN		
7:45am <b>CLIMB</b> BRIAN	7:30am Circuit Training TIFFANY		8:00am <b>STEP</b> ANN	10am <b>Body Conditioning</b> MAUREEN		
	8:30am BODY WORK SUZANNE	9:00am Body Conditioning LISA	9:15am Body Conditioning ANN	10:00am <b>Hatha Yoga</b> ANN	9:00am Body Conditioning LISA	9:15am <b>BARRE</b> CARRIE
10:00am <b>Hatha Yoga</b> KAVITHA			10:00am Yoga Therapeutics SUZY			
10:00am Cardio Weights MAUREEN	11:00am <b>Hatha Yoga</b> CHARLES	11am Active Aging SUZANNE	11am <b>Gentle Yoga</b> CHARLES	11:15 Active Aging ANN		
III (OREEIV	0.000	302/11112	0.74422	7	11:00AM-12:00PM <b>Hatha Yoga</b> ANN	
1:00pm <b>/inyasa/Ashtanga</b> SUZY	1:00pm Sandhill Pilates AMY K	1:00pm <b>Vinyasa/Ashtanga</b> SUZY	1:00pm <b>Mat Pilates</b> AMY K	1:00pm <b>Vinyasa/Ashtanga</b> SUZY		
0021	7401110	OOLI	•	0021	l l	
			4:00pm <b>Bootcamp</b> LINDA U			
6:30pm <b>VINYASA</b> KAVITHA		5:00pm <b>CLIMB</b> BRIAN	5:00pm <b>BARRE</b> CARRIE			
		MBER EXCLUSIVE! C				
	PLEA	SE CHECK YOUR EMA	AIL ON FRIDAYS FOR	ZOOM LINK INFORMA	ATION.	

## OUTDOOR Group Training Aug 3 - 9, 2020

		*	**PARKING LOT*	**		
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
-						
	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	
9:15-10:00am Pilates Interval Training Class Limit: 20 CLARE		40.45.44.45			10:00-11:00am ZUMBA Class Limit: 20 ERIN	
		10:15-11:15am BARRE Fitness Class Limit: 20 EMILY B				
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	5:00-5:45pm Pilates Interval Training Class Limit: 20 RETURNS NEXT WEEK		
6:45-7:30pm MA Sports Conditioning Class Limit: 12 CAT	7:00-8:00pm	6:45-7:30pm  Best of Both Worlds  Class Limit: 20  BO				
		***	ACKYARD GRAS	C***		
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MONDAT	TUESDAT	WEDNESDAT	INUKSDAT	FRIDAT	SATURDAT	SUNDAT
6:15-7:00am Best of Both Worlds	6:45-7:30am Ultimate Bootcamp	6:15-7:00am Best of Both Worlds	7:00-8:15am Hatha Yoga	6:15-7:00am Best of Both Worlds		
Class Limit: 20 BO	Class Limit: 20 KEVIN	Class Limit: 20 BO	Class Limit: 25 KAVITHA	Class Limit: 20 BO		
ВО	8:00-9:00am	8:00-9:00am	NAVIITA		8:30-9:30am	9:00-10:00am
	Therapeutic Yoga Class Limit: 25 SUZY	Healthy Backs Class Limit: 25 KAVITHA			Total Training Bootcamp Class Limit: 20 LINDA U	MA Sports Conditioning Class Limit: 12 CAT
9:30-10:30am	9:30-10:45am	9:30-10:30am	9:15-10:15am	9:15-10:15am	10:00-11:15am	10:15-11:30am
Total Training Bootcamp Class Limit: 20	Ashtanga Class Limit: 25	Total Training Bootcamp Class Limit: 20	MA Sports Conditioning Class Limit: 12	MA Sports Conditioning Class Limit: 12	VINYASA Class Limit: 25	Slow Flow Class Limit: 25
LINDA U.	SUZY	LINDA U.	CAT	CAT	KIM TH	AUTUMN
					11:30am-12:30pm Healthy Backs Class Limit: 25 KIM TH	
4:30-5:30am	5:45-6:30pm	5:45-6:30pm		T		
Healthy Backs Class Limit: 25 LINDA T	BARRE Class Limit: 20 CLARE	MA Sports Conditioning Class Limit: 12 CAT				
5:45-6:45am Slow Flow Class Limit: 25	6:45-8:00pm StrongCore/HealthyBack Class Limit: 25	Class Limit: 25				
LINDA T	KAVITHA	AUTUMN				
		***	N LOCATION, TE	RD***		
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MONDAT	TUESDAT	WEDNESDAT	THURSDAT	FRIDAT	SATURDAT	JUNDAT
			7:00-8:00pm Outdoor Running & Interval Training (ORIT) HILARY			
			***POOL***			
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
					9:00-10:00am AQUA Class Limit: 15	9:00-10:00am AQUA Class Limit: 15
					DIANE	RETURNS NEXT WEEK
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## ZOOM Group Training Aug 3 - 9, 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	FITNESS ME	MBER EXCLUSIVE! C	lass participation req	uires an active fitness	membership.	
	PLEA	SE CHECK YOUR EM	AIL ON FRIDAYS FOR	ZOOM LINK INFORMA	ATION.	
				7:45am		
				CLIMB		
7:45am	7:30am		8:00am	BRIAN 10:00am		
CLIMB	Circuit Training		STEP	Body Conditioning		
BRIAN	TIFFANY		RETURNS NEXT WEEK	MAUREEN		
9:00am Body Conditioning	8:30am BODY WORK		9:15am Body Conditioning	10:00am Hatha Yoga	9:00am Body Conditioning	9:15am <b>BARRE</b>
LISA	SUZANNE		RETURNS NEXT WEEK	RETURNS NEXT WEEK	LISA	CARRIE
10:00am			10:00am	11:00am <b>Tabata</b>		
Hatha Yoga KAVITHA			Yoga Therapeutics SUZY	LINDA U		
10:00am	11:00am	11:00am	11:00am	11:15am		
Cardio Weights MAUREEN	Hatha Yoga CHARLES	Active Aging SUZANNE	Gentle Yoga CHARLES	Active Aging RETURNS NEXT WEEK		
WAOKLEN	CHARLES	JOZANIL	OHARLEO	RETORNO NEXT WEEK	11:00am-12:00pm	
					Hatha Yoga RETURNS NEXT WEEK	
					RETURNS NEXT WEEK	
1:00pm	1:00pm	1:00pm	1:00pm	1:00pm		
Vinyasa/Ashtanga SUZY	Sandhill Pilates AMY K	Vinyasa/Ashtanga SUZY	Mat Pilates AMY K	Vinyasa/Ashtanga SUZY		
0021	7 WIT 10	0021	•	0021		
			4:00pm Bootcamp			
			LINDA U			
6:30pm		5:00pm	5:00pm			
VINYASA KAVITHA		CLIMB BRIAN	BARRE CARRIE			
	FITNESS ME	MBER EXCLUSIVE! C	lass participation req	uires an active fitness	membership.	
	PLEA	SE CHECK YOUR EM	AIL ON FRIDAYS FOR	ZOOM LINK INFORMA	ATION.	
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