OUTDOOR Group Training June 29 - July 5, 2020

			PARKING LOT			
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	8:00-8:45am	8:30-9:30am		8:00-9:00AM	Pool Hours:	
	CLIMB	Cycle		H.I.I.T.	1:00-7:00pm	
	Class Limit: 25	Class Limit: 12		Class Limit: 25	1100 1100p	
	BRIAN	TIFFANY		KTP		
9:15-10:00am					8:30-9:30am	
Pilates Interval Training					MetaCardio MashUp	* 6
Class Limit: 25					Class Limit: 25	E.
CLARE		10:15-11:15AM			KTP	2
		BARRE Fitness				
7.00 mg /m .		Class Limit: 25				*
TO COME		EMILY B				37
WELCONE				5:00-5:45pm	-2. 4	*
				Pilates Interval Training		5077
III SHUN				Class Limit: 25	Down The Land	(
				CLARE		
			5:45-6:45pm Strength & Sculpt		- W// *:	
			Class Limit: 25			
			KTP		of	
6:00-7:00pm	7:00-8:00pm					
FIT (Fun, Intense Torture						
Class Limit: 25	Class Limit: 25				9	
MAUREEN	KTP					
			ACKYARD" GRA			
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00-7:00am		6:00-7:00am	7:00-8:15am	6:00-7:00am		
Best of Both Worlds		Best of Both Worlds	Hatha Yoga	Best of Both Worlds		
Class Limit: 25		Class Limit: 25	Class Limit: 25	Class Limit: 25		
ВО		ВО	KAVITHA	BO		
	8:00-9:00AM	8:00-9:00am				
	Therapeutic Yoga Class Limit: 25	Healthy Backs Class Limit: 25				
	SUZY	ANN			2011	
	9:30-10:45am	9:30-10:30am			- E-WE	
	Ashtanga	Total Training Bootcamp				
	Class Limit: 25	Class Limit: 25				
	SUZY	LINDA U.				
4:30-5:30PM	5:45-6:30pm BARRE				三 新言	
Healthy Backs Class Limit: 25	Class Limit: 25				(ch) with	
LINDA T	Class Lillit: 25				3	
5:45-6:45PM	7:00-8:15pm		6:00-7:00pm		Of the second	
Slow Flow	StrongCore/HealthyBack		Best of Both Worlds		U U	
Class Limit: 25	Class Limit: 25		Class Limit: 25			
LINDA T	KAVITHA		ВО			
			POOL			
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
					9:00-10:00am	9:00-10:00am
					AQUA	AQUA
					Class Limit: 15	Class Limit: 15
					C.R.	C.R.

ZOOM Group Training June 29 - July 5, 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
FIT				tive fitness membershi		020.
	PLEAS	E CHECK YOUR EMAI	L ON SUNDAYS FOR	R ZOOM LINK INFORMA	ATION.	I
7:45am	7:30am		8:00am	7:45am		
CLIMB	Circuit Training		STEP	CLIMB	Pappu	
BRIAN	TIFFANY		ANN	BRIAN	0333	
	8:30am	9:00am	9:15am	10am	*44	9:15am
	BODY WORK cancelled-returns next week	Body Conditioning LISA	Body Conditioning ANN	FIT (Fun, Intense Torture) MAUREEN	of	BARRE CARRIE
10:00am	Cancelled returns next wee	10:00am	10:00am	10:00am		CARRIE
Hatha Yoga		Cardio Weights	Yoga Therapeutics	Hatha Yoga	o wy	
KAVITHA		MAUREEN	SUZY	ANN		
	11:00am Hatha Yoga	11am Active Aging	11am Gentle Yoga	11:15 Active Aging		
	CHARLES	cancelled-returns next weel	CHARLES	ANN		
					11:00AM-12:00PM	
					Hatha Yoga	
1:00pm	1:00pm	1:00pm	1:00pm	1:00pm	ANN	
Vinyasa/Ashtanga	Sandhill Pilates	Vinyasa/Ashtanga	Mat Pilates	Vinyasa/Ashtanga		
SUZY	AMY K	SUZY	AMY K	SUZY	1 2	
					*	
			4:00pm			
			Bootcamp			
0.00		F-00	LINDA U		7067	
6:30pm VINYASA		5:00pm CLIMB	5:00pm BARRE		500	
KAVITHA		BRIAN	CARRIE		()	
FIT	NESS MEMBER EXCL	USIVE! Class particip	ation requires an ac	tive fitness membershi	p beginning July 1, 2	020.
				R ZOOM LINK INFORMA		

OUTDOOR Group Training July 6 - 12, 2020

			PARKING LOT			
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
					0.000	
	8:00-8:45am	8:30-9:30am	8:00-9:00am		8:00-9:00am	
	CLIMB	CYCLE	Athletic Conditioning	8am HIIT has	CYCLE	
	Class Limit: 20	Class Limit: 12	Class Limit: 20	MOVED to the	Class Limit: 12	
	BRIAN	TIFFANY	KIM	"BACKYARD GRASS"	KTP	
9:15-10:00am	9:15-10:15am			9:15-10:15am		
Pilates Interval Training				CYCLE		
Class Limit: 20	Class Limit: 20			Class Limit: 12		
CLARE	AMY C			AMY C		
		10:15-11:15am				
		BARRE Fitness				
		Class Limit: 20				
		EMILY B		5:00-5:45pm		
				Pilates Interval Training		
				Class Limit: 20		
				CLARE		
	5:45-6:45pm		5:30-6:30pm	OLANL	 	
	CYCLE		Strength & Sculpt			
	Class Limit: 12		Class Limit: 20			
	HILARY		KTP			
6:00-7:00pm	7:15-8:15pm					
FIT (Fun, Intense Torture						
Class Limit: 20	Class Limit: 20					
MAUREEN	KTP					
		"B	ACKYARD" GRA	SS		
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:15-7:00am	6:45-7:30am	6:15-7:00am	7:00-8:15am	6:15-7:00am		
Best of Both Worlds	Ultimate Bootcamp	Best of Both Worlds	Hatha Yoga	Best of Both Worlds		
Class Limit: 20	Class Limit: 20	Class Limit: 20	Class Limit: 25	Class Limit: 20		
во	KEVIN	BO	KAVITHA	во		
	8:00-9:00am	8:00-9:00am		8:00-9:00am	8:30-9:30am	10:00-11:15am
	Therapeutic Yoga	Healthy Backs		H.I.I.T.	Total Training Bootcamp	Slow Flow
	Class Limit: 25	Class Limit: 25		Class Limit: 20	Class Limit: 20	Class Limit: 25
	SUZY	ANN		KTP	LINDA U	AUTUMN
	9:30-10:45am	9:30-10:30am			10:00-11:15am	
	Ashtanga Class Limit: 25	Total Training Bootcamp Class Limit: 20			VINYASA Class Limit: 25	
	SUZY	LINDA U.			KIM TH	
4:30-5:30am	5:45-6:30pm	LINDA U.			NIW IT	
Healthy Backs	BARRE					
Class Limit: 25	Class Limit: 20			1		
LINDA T	CLARE					
5:45-6:45am	7:00-8:15pm	6:45-8:00pm	7:00-8:00pm			
Slow Flow	StrongCore/HealthyBack	VINYASA	Best of Both Worlds			
Class Limit: 25	Class Limit: 25	Class Limit: 25	Class Limit: 20			
LINDA T	KAVITHA	AUTUMN	ВО			
			POOL			
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
					9:00-10:00am	9:00-10:00am
					AQUA	AQUA
					Class Limit: 15	Class Limit: 15
				1	DIANE	DIANE

ZOOM Group Training July 6 - 12, 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	FITNESS ME	 MBER EXCLUSIVE! C	lass participation rec	quires an active fitness	membership.	
I	PLEA	SE CHECK YOUR EM	AIL ON FRIDAYS FOR	ZOOM LINK INFORMA	TION.	
				7:45am CLIMB BRIAN		
7:45am CLIMB BRIAN	7:30am Circuit Training TIFFANY		8:00am STEP ANN	10am FIT (Fun, Intense Torture) MAUREEN		
	8:30am BODY WORK SUZANNE	9:00am Body Conditioning LISA	9:15am Body Conditioning ANN	10am Tabata LINDA U	9:00am Body Conditioning LISA	9:15am BARRE CARRIE
10:00am Hatha Yoga KAVITHA		10:00am Cardio Weights MAUREEN	10:00am Yoga Therapeutics SUZY	10:00am Hatha Yoga ANN		
	11:00am Hatha Yoga CHARLES	11am Active Aging SUZANNE	11am Gentle Yoga CHARLES	11:15 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		
			4:00pm Bootcamp LINDA U			
6:30pm VINYASA KAVITHA		5:00pm CLIMB BRIAN	5:00pm BARRE CARRIE			
				uires an active fitness		
	PLEA	SE CHECK YOUR EMA	AIL ON FRIDAYS FOR	ZOOM LINK INFORMA	TION.	