







OUTDOOR Group Training

June 29 - July 5, 2020

PARKING LOT						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	8:00-8:45am CLIMB Class Limit: 25 BRIAN	8:30-9:30am Cycle Class Limit: 12 TIFFANY		8:00-9:00AM H.I.I.T. Class Limit: 25 KTP	Pool Hours: 1:00-7:00pm	
9:15-10:00am Pilates Interval Training Class Limit: 25 CLARE					8:30-9:30am MetaCardio MashUp Class Limit: 25 KTP	
		10:15-11:15AM BARRE Fitness Class Limit: 25 EMILY B				
				5:00-5:45pm Pilates Interval Training Class Limit: 25 CLARE		
			5:45-6:45pm Strength & Sculpt Class Limit: 25 KTP			
6:00-7:00pm FIT (Fun, Intense Torture) Class Limit: 25 MAUREEN	7:00-8:00pm H.I.I.T. Class Limit: 25 KTP					
"BACKYARD" GRASS						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00-7:00am Best of Both Worlds Class Limit: 25 BO		6:00-7:00am Best of Both Worlds Class Limit: 25 BO	7:00-8:15am Hatha Yoga Class Limit: 25 KAVITHA	6:00-7:00am Best of Both Worlds Class Limit: 25 BO		
	8:00-9:00AM Therapeutic Yoga Class Limit: 25 SUZY	8:00-9:00am Healthy Backs Class Limit: 25 ANN				
	9:30-10:45am Ashtanga Class Limit: 25 SUZY	9:30-10:30am Total Training Bootcamp Class Limit: 25 LINDA U.				
4:30-5:30PM Healthy Backs Class Limit: 25 LINDA T	5:45-6:30pm BARRE Class Limit: 25 CLARE					
5:45-6:45PM Slow Flow Class Limit: 25 LINDA T	7:00-8:15pm StrongCore/HealthyBack Class Limit: 25 KAVITHA		6:00-7:00pm Best of Both Worlds Class Limit: 25 BO			
POOL						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
					9:00-10:00am AQUA Class Limit: 15 C.R.	9:00-10:00am AQUA Class Limit: 15 C.R.

ZOOM Group Training June 29 - July 5, 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
FITNESS MEMBER EXCLUSIVE! Class participation requires an active fitness membership beginning July 1, 2020.						
PLEASE CHECK YOUR EMAIL ON SUNDAYS FOR ZOOM LINK INFORMATION.						
7:45am CLIMB BRIAN	7:30am Circuit Training TIFFANY		8:00am STEP ANN	7:45am CLIMB BRIAN		
	8:30am BODY WORK <small>cancelled-returns next wee</small>	9:00am Body Conditioning LISA	9:15am Body Conditioning ANN	10am FIT (Fun, Intense Torture) MAUREEN		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 <small>cancelled-returns next wee</small>	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			
FITNESS MEMBER EXCLUSIVE! Class participation requires an active fitness membership beginning July 1, 2020.						
PLEASE CHECK YOUR EMAIL ON SUNDAYS FOR ZOOM LINK INFORMATION.						

OUTDOOR Group Training

July 6 - 12, 2020

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

ZOOM Group Training

July 6 - 12, 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.						
				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			
FITNESS MEMBER EXCLUSIVE! Class participation requires an active fitness membership.						
PLEASE CHECK YOUR EMAIL ON FRIDAYS FOR ZOOM LINK INFORMATION.						