

Group Training 100 Jan 13 - 19, 2020

STUDIO A						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:45-6:45am BARRE CLARE	5:45-6:45am H.I.I.T. ♥ KTP		5:45-6:45AM MetaCardio MashUp KTP ♥			
8:15-9:15AM Body Work SUZANNE	8:00-9:00AM CLIMB BRIAN	8:00-9:00am Body Conditioning ANN	8:00-9:00AM Step ANN	8:00-9:00AM H.I.I.T. ♥ KTP	8:00-8:50am WERQ KASIA	No Body Conditioning 45 (returns next week)
9:15-10:00am Pilates Interval Training CLARE	9:15-10:15AM MetaCardio Mix LINDA U ♥	9:15-10:15AM ZUMBA KRISTEN	9:15-10:15AM Body Conditioning ANN	9:15-10:15AM ZUMBA KRISTEN	9:00-10:00AM Step Special LISA	9:15-10:15am PiYo CLARE
	10:30-11:15 TRX Suspension CAT	10:15-11:15AM BARRE Fitness EMILY B	10:30-11:30AM CLIMB BRIAN	10:30-11:30AM Basic Cardio SUZANNE	10:00-11:00AM Body Conditioning LISA	
11:15AM-12:15PM Senior Balance, Strength & Stretch ANN	11:45AM-12:30PM Body Conditioning MAUREEN	11:15AM-12:15PM Senior Strength & Stretch SUZANNE	11:45am-12:45pm Chair Yoga KIM Th	11:45AM-12:30PM CLIMB BRIAN		
	1:00-2:00pm Mat Pilates AMY K		1:00-2:00pm Mat Pilates AMY K			12:30-1:30 Barre Intensity CARRIE
	4:30-5:30pm PiYo CLARE			5:00-5:45pm Pilates Interval Training CLARE		
5:45-6:45PM ZUMBA KRISTEN	5:45-6:45pm BARRE CLARE	5:45-6:45pm WERQ KASIA	5:45-6:45pm Strength & Sculpt KTP			
6:45-7:45PM Body Conditioning MAUREEN	7:00-8:00PM H.I.I.T. ♥ KTP	7:00-8:00PM CLIMB BRIAN	7:00-8:00PM MetaCardio MashUp KTP ♥			
CYCLING STUDIO ♥ - HEART RATE MONITORING AVAILABLE IN ALL CYCLE CLASSES						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	8:00-8:45AM Basic Cycle LINDA D	5:45-6:45AM CycleZone RIDE ON LINDA D	8:00-8:45AM RIDE 45 LINDA D	5:45-6:45AM CycleZone CATCH UP! LINDA D	8:00-9:00AM CZ DRILLS w/ HILLS KTP	8:30-9:30AM CZ PINK/MAROON 5 TIFFANY
9:15-10:45AM Cycle + Circuit TIFFANY		9:15-10:15AM CycleZone ALL TERRAIN TIFFANY		9:15-10:15AM CZ BEST OF DECADE AMY C		
	5:45-6:45PM CycleZone HILARY		5:45-6:45PM CycleZone HILARY			
WRAPS/GLOVES REQUIRED FOR ALL BOXING/KB BOOT CAMP / BOXING WRAPS OR GLOVES REQUIRED FOR ALL BOXING/KICKBOXING CLASSES						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:05-7:00AM Ultimate Bootcamp KEVIN	6:15-7:00AM LED Boxing BO	6:00-7:00am Best of Both Worlds BO		6:05-7:00AM Ultimate Bootcamp KEVIN		9:00-10:00AM Cardio KickBoxing CAT
9:05-10:00AM Total Training Bootcamp LINDA U.	9:15-10:00am KickBoxing 45 CAT	9:05-10:00AM Total Training Bootcamp LINDA U.	9:15-10:00am KickBoxing 45 CAT	9:05-10:00AM Ultimate Bootcamp KEVIN	7:25-8:25am Total Training Bootcamp LINDA U	10:15-11:15am Total Training Bootcamp LINDA U
12:00-12:45pm Kickboxing 45 CAT		12:00-12:45pm KickBoxing 45 CAT			8:30-9:30AM Cardio KickBoxing CAT	
7:00-8:00PM Cardio KickBoxing CAT	6:35-7:30PM Ultimate Bootcamp KEVIN	No 7pm KickBoxing	6:35-7:30PM Ultimate Bootcamp KEVIN			
IR1: infrared at 70-76	IR2: infrared at 76-80	IR3: infrared at 80-86	YOGA STUDIO	IR1: infrared at 70-76	IR2: infrared at 76-80	IR3: infrared at 80-86
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	8:00-9:00AM Therapeutic Yoga (IR2) ★SUZY	8:00-9:00AM Healthy Backs KELLY	8:00-9:00AM Therapeutic Yoga (IR2) ★SUZY		8:00-9:00AM Healthy Backs SHERI	
9:00-10:15AM Vinyasa (IR3) ★ANN	9:15-10:30AM Ashtanga (IR3) ★SUZY	9:15-10:15AM HATHA KELLY	9:15-10:30AM Art of Vinyasa (IR3) ★SUZY	9:15-10:15AM Sculpt & Flow ANN	9:15-10:30AM Vinyasa (IR3) ★SHERI	8:45-9:45AM Healthy Back Flow (IR1) ★CAROL HELENA
10:30-11:45am Hatha Yoga KAVITHA	10:45-11:45AM Hatha CHARLES	10:30-11:30AM PiYo LINDA U.	11:00am-12:15pm Hatha Yoga KAVITHA	10:30-11:30AM Hatha Yoga ANN	11:00AM-12:00PM Hatha Yoga ANN	10:00-11:00AM Slow Flow (IR2/3) ★CAROL HELENA
4:30-5:30PM Healthy Backs LINDA T				11:45AM-1:00PM Gentle Yoga MIMI		11:15am-12:30pm Ashtanga (IR1) ★AUTUMN
5:45-6:45PM Slow Flow LINDA T		6:00-7:00PM Yin (IR2) ★KARYN	6:45-8:00pm VINYASA (IR3) ★AUTUMN			
7:00-8:15pm Intermediate Flow KAVITHA	★6:45-8:00pm StrongCore/HealthyBack KAVITHA	7:15-8:15PM Slow Flow ★LAURA				
POOL						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:15-10:15am AQUA DEBBIE		9:15-10:15am AQUA ANN		9:15-10:15am AQUA DIANE		9:00-10:00am AQUA DEBBIE

♥ - heart rate monitoring available ★ - infrared heat: IR1: infrared at 70-76, IR2: infrared at 76-80, IR3: infrared at 80-86

Group Training 100 Jan 20 - 26, 2020

STUDIO A						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:45-6:45am BARRE CLARE	5:45-6:45am H.I.I.T. ♥ KTP		5:45-6:45AM MetaCardio MashUp KTP ♥			
8:15-9:15AM Body Work SUZANNE	8:00-9:00AM CLIMB BRIAN	8:00-9:00am Body Conditioning C.R.	8:00-9:00AM Step ANN	8:00-9:00AM H.I.I.T. ♥ KTP	8:00-8:50am WERQ KASIA	8:15-9:00am Body Conditioning 45 C.R.
9:15-10:00am Pilates Interval Training CLARE	9:15-10:15AM MetaCardio Mix AMY C ♥	9:15-10:15AM ZUMBA KRISTEN	9:15-10:15AM Body Conditioning ANN	9:15-10:15AM ZUMBA KRISTEN	9:00-10:00AM Step Special LISA	9:15-10:15am PiYo CLARE
	10:30-11:15 TRX Suspension CAT	10:15-11:15AM BARRE Fitness EMILY B	10:30-11:30AM CLIMB BRIAN	10:30-11:30AM Basic Cardio LINDA U	10:00-11:00AM Body Conditioning LISA	
11:15AM-12:15PM Senior Balance, Strength & Stretch ANN	11:45AM-12:30PM Body Conditioning MAUREEN	11:15AM-12:15PM Senior Strength & Stretch SUZANNE	11:45am-12:45pm Chair Yoga KIM Th	11:45AM-12:30PM CLIMB BRIAN		
	1:00-2:00pm Mat Pilates AMY K		1:00-2:00pm Mat Pilates AMY K			12:30-1:30 Barre Intensity CARRIE
	4:30-5:30pm PiYo CLARE			5:00-5:45pm Pilates Interval Training CLARE		
5:45-6:45PM WERQ KASIA	5:45-6:45pm BARRE CLARE	5:45-6:45PM WERQ KASIA	5:45-6:45pm Strength & Sculpt KTP			
6:45-7:45PM Body Conditioning MAUREEN	7:00-8:00PM H.I.I.T. ♥ KTP	7:00-8:00PM CLIMB BRIAN	7:00-8:00PM MetaCardio MashUp KTP ♥			
CYCLING STUDIO ♥ - HEART RATE MONITORING AVAILABLE IN ALL CYCLE CLASSES						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	8:00-8:45AM Basic Cycle KTP	5:45-6:45AM CycleZone ROCK IT LINDA D	8:00-8:45AM RIDE 45 LINDA D	5:45-6:45AM CZ Running on Empty LINDA D	8:00-9:00AM CycleZone KTP	8:30-9:30AM CycleZone TIFFANY
9:15-10:45AM Cycle + Circuit Training TIFFANY		9:15-10:15AM CZ Midweek Mountains TIFFANY		9:15-10:15AM CycleZone KTP		
	5:45-6:45PM CycleZone HILARY		5:45-6:45PM CycleZone HILARY			
WRAPS/GLOVES REQUIRED FOR ALL BOXING/KB BOOT CAMP / BOXING WRAPS OR GLOVES REQUIRED FOR ALL BOXING/KICKBOXING CLASSES						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:05-7:00AM Ultimate Bootcamp KEVIN	6:15-7:00AM LED Boxing BO	6:00-7:00am Best of Both Worlds BO		6:05-7:00AM Ultimate Bootcamp KEVIN		9:00-10:00AM Cardio KickBoxing CAT
9:05-10:00AM Total Training Bootcamp LINDA U.	9:15-10:00am KickBoxing 45 CAT	9:05-10:00AM Total Training Bootcamp LINDA U.	9:15-10:00am KickBoxing 45 CAT	9:05-10:00AM Ultimate Bootcamp KEVIN	7:25-8:25am Total Training Bootcamp LINDA U	10:15-11:15am Total Training Bootcamp LINDA U
12:00-12:45pm Kickboxing 45 CAT		12:00-12:45pm KickBoxing 45 CAT			8:30-9:30AM Cardio KickBoxing CAT	
7:00-8:00PM Cardio KickBoxing CAT	6:35-7:30PM Ultimate Bootcamp KEVIN		6:35-7:30PM Ultimate Bootcamp KEVIN			
IR1: infrared at 70-76	IR2: infrared at 76-80	IR3: infrared at 80-86	YOGA STUDIO	IR1: infrared at 70-76	IR2: infrared at 76-80	IR3: infrared at 80-86
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	8:00-9:00AM Therapeutic Yoga (IR2) ★SUZY	8:00-9:00AM Healthy Backs KELLY	8:00-9:00AM Therapeutic Yoga (IR2) ★SUZY		8:00-9:00AM Healthy Backs KIM TH	
9:00-10:15AM Vinyasa (IR3) ★ANN	9:15-10:30AM Art of Vinyasa (IR3) ★SUZY	9:15-10:15AM HATHA KELLY	9:15-10:30AM Art of Vinyasa (IR3) ★SUZY	9:15-10:15AM Sculpt & Flow ANN	9:15-10:30AM Vinyasa (IR3+) ★KIM TH	8:45-9:45AM Healthy Back Flow (IR2) ★KARYN
10:30-11:45am Hatha Yoga KAVITHA	10:45-11:45AM Hatha CHARLES	10:30-11:30AM PiYo LINDA U.	11:00am-12:15pm Hatha Yoga KAVITHA	10:30-11:30AM Hatha Yoga ANN	11:00AM-12:00PM Hatha Yoga TODD	10:00-11:00AM Slow Flow (IR2) ★KARYN
4:30-5:30PM Healthy Backs LINDA T				11:45AM-1:00PM Gentle Yoga MIMI		11:15am-12:30pm Ashtanga (IR1) ★AUTUMN
5:45-6:45PM Slow Flow LINDA T		6:00-7:00PM ★Yin (IR2) ★AUTUMN	6:45-8:00pm ★VINYASA (IR3) ★AUTUMN			
7:00-8:15pm Intermediate Flow KAVITHA	★6:45-8:00pm StrongCore/HealthyBack KAVITHA	7:15-8:15PM Slow Flow (IR2) ★AUTUMN				
POOL						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:15-10:15am AQUA DEBBIE		9:15-10:15am AQUA C.R.		9:15-10:15am AQUA DIANE		9:00-10:00am AQUA C.R.

♥ - heart rate monitoring available ★ - infrared heat: IR1: infrared at 70-76, IR2: infrared at 76-80, IR3: infrared at 80-86