

Group Training 100 Feb 24 - Mar 1, 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 KTP	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	8:15-9:00am Body Conditioning 45 C.R.
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 POWER Yoga AUTUMN
	10:30-11:15 TRX Suspension LINDA U	10:15-11:15AM BARRE Fitness EMILY B	10:30-11:30AM CLIMB BRIAN	10:30am Basic Cardio MOVED to BOOTCAMP AREA	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 ANN	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			12:30-1:30pm 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: Ab Intensive 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						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	8:00-8:45AM Basic Cycle LINDA D	5:45-6:45AM CZ UNSTOPPABLE LINDA D	8:00-8:45AM RIDE 45 LINDA D	5:45-6:45AM CycleZone CRANK IT UP LINDA D	8:00-9:00AM CZ LOTSAB TABATA KTP	8:30-9:30AM CycleZone TIFFANY
9:15-10:45AM Cycle + Circuit TIFFANY		9:15-10:15AM CZ Midweek Climb TIFFANY		9:15-10:15AM CycleZone H.I.I.T. 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		No Cardio KickBoxing
9:05-10:00AM Total Training Bootcamp LINDA U.	No Kickboxing 45	9:05-10:00AM Total Training Bootcamp LINDA U.	9:15-10:00am No 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
		No Kickboxing 45		10:30-11:30AM Basic Cardio LINDA U	No Cardio KickBoxing	
No Cardio KickBoxing	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 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) ★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 ANN	10:00-11:00AM Slow Flow (IR2/3) ★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) ★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 ★AUTUMN				
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 C.R.		9:00-10:00am AQUA C.R.

★ infrared heat: IR1: infrared at 70-76, IR2: infrared at 76-80, IR3: infrared at 80-86

Group Training 100 March 2 - 8, 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	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 TERRY	9:15-10:15am PiYo CLARE
	10:30-11:15 TRX Suspension AMY C	10:15-11:15AM BARRE Fitness EMILY B	10:30-11:30AM CLIMB BRIAN	10:30am Basic Cardio MOVED to BOOTCAMP AREA	10:00-11:00AM Body Conditioning TERRY	
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			12:30-1:30pm 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 ZUMBA KRISTEN	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						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	8:00-8:45AM Basic Cycle LINDA D	5:45-6:45AM Cycle I.T. LINDA D	8:00-8:45AM RIDE 45 LINDA D	5:45-6:45AM Cycle FRIDAY FURY LINDA D	8:00-9:00AM Cycle BEST of 80s/90s KTP	8:30-9:30AM Cycle TIFFANY
9:15-10:45AM Cycle + Circuit TIFFANY		9:15-10:15AM Cycle TIFFANY		9:15-10:15AM Cycle 80s, 90s, & Today AMY C		
	5:45-6:45PM Cycle Sprints & Hills HILARY		5:45-6:45PM Cycle 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		No Cardio KickBoxing
9:05-10:00AM Total Training Bootcamp LINDA U.	No Kickboxing 45	9:05-10:00AM Total Training Bootcamp LINDA U.	No Kickboxing 45	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
No Kickboxing 45		No Kickboxing 45		10:30-11:30AM Basic Cardio LINDA U	No Cardio KickBoxing	
No Cardio KickBoxing	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 MJ	
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+) ★MJ	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) 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 (IR2) KARYN				
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 C.R.		9:00-10:00am AQUA C.R.

★ infrared heat: IR1: infrared at 70-76, IR2: infrared at 76-80, IR3: infrared at 80-86