

Group Training 100

June 17 - 23, 2019

STUDIO A						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	5:45-6:45AM Cardio & Strength SUZANNE		5:45-6:45AM MetaCardio MashUp KIM ♥			
8:15-9:15AM Strength & Stretch SUZANNE	8:00-9:00AM P90X BRIAN	8:00-9:00am Body Conditioning C.R.	8:00-9:00AM Step LISA	8:00-9:00AM H.I.I.T. KIM ♥	7:50-8:50am WERQ KASIA	
9:15-10:15AM MetaCardio MashUp KIM ♥	9:15-10:15AM MetaCardio Mix LINDA U ♥	No 9:15 Zumba	9:15-10:15AM Body Conditioning LISA	9:15-10:15AM Zumba KRISTEN	9:00-10:00AM Step Special LISA	9:05-10:00am BollyX DEEPTHI
10:15-11:15AM Cardio Circuit KIM T-P	10:30-11:30AM WERQ KASIA	10:15-11:15AM BARRE Fitness EMILY B	10:30-11:30AM P90X BRIAN	10:30-11:30AM Basic Cardio SUZANNE	10:00-11:00AM Body Conditioning LISA	No WERQ
11:15AM-12:15PM Chair Yoga KIM Th	11:45AM-12:30PM Body Conditioning MAUREEN	11:15AM-12:15PM Senior Strength & Stretch SUZANNE	11:45am-12:45pm Chair Yoga KIM T	11:45AM-12:30PM P90X BRIAN		
	TUES/THURS MAT PILATES RELOCATED TO YOGA STUDIO					12:30-1:30 Barre Intensity CARRIE
	4:30-5:30pm PiYo CLARE			4:30-5:15pm Pilates Interval Training CLARE		
5:45-6:45PM Zumba KRISTEN	5:45-6:45pm BARRE CLARE	5:45-6:45PM Zumba MEGAN	5:45-6:45pm Strength & Sculpt KIM	5:45-6:45pm WERQ KASIA		
6:45-7:45PM Body Conditioning MAUREEN	7:00-8:00PM H.I.I.T. KIM ♥	7:00-8:00PM P90X BRIAN	7:00-8:00PM MetaCardio MashUp KIM ♥			
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 I.T. LINDA D	8:00-9:00AM H.I.I.T. Cycle LINDA D	5:45-6:45AM Fast & Furious Cycle LINDA D	8:00-9:00AM Cycle Solstice Sprints KIM	8:30-9:30AM CycleZone H.I.I.T. TIFFANY
9:15-10:15AM CycleZone H.I.I.T. TIFFANY		9:15-10:15AM Summer Cycle TIFFANY		9:15-10:15AM CycleZone 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	No LED Boxing	No Best of Both Worlds		6:05-7:00AM Ultimate Bootcamp KEVIN	7:25-8:25am Total Training Bootcamp LINDA U	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 ♥	No KickBoxing 45	9:05-10:00AM Ultimate Bootcamp KEVIN	8:30-9:30AM Cardio KickBoxing CAT	10:15-11:15am Total Training Bootcamp LINDA U
12:00-12:45pm Kickboxing 45 CAT		12:00-12:45pm KickBoxing 45 CAT				
7:00-8:00PM Cardio KickBoxing CAT ♥	6:35-7:30PM Ultimate Bootcamp KEVIN	7:00-8:00PM Cardio KickBoxing CAT ♥	6:35-7:30PM Ultimate Bootcamp KEVIN			
YOGA STUDIO						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	8:00-9:00AM Therapeutic Yoga SUZY ★	8:00-9:00AM Healthy Backs KELLY	8:00-9:00AM Therapeutic Yoga SUZY ★	8:00-9:00 am Sunrise Flow KIM Th	8:00-9:00AM Healthy Backs SHERI	
9:00-10:15AM ★ Vinyasa LINDSAY	9:15-10:30AM ★ Ashtanga SUZY	9:15-10:15AM HATHA KELLY	9:15-10:30AM ★ Art of Vinyasa SUZY	9:15-10:15AM Slow Flow SUZY	9:15-10:30AM ★ Vinyasa SHERI	8:45-9:45AM ★ Yin MARY
10:30-11:30am Hatha Yoga LINDSAY	10:45-11:45AM Hatha MARY	10:30-11:30AM PiYo LINDA U.	11:00AM-12:00PM Hatha Yoga KAVITHA	10:30-11:30AM Hatha Yoga SUZY	11:00AM-12:00PM Hatha Yoga TODD	10:00-11:00AM ★ Slow Flow MARY
4:30-5:30PM Healthy Backs LINDA T	1:00-2:00pm Mat Pilates AMY K		1:00-2:00pm Mat Pilates AMY K	11:45AM-1:00PM Gentle Yoga MIMI		No Yogalates
5:45-6:45PM Slow Flow LINDA T	★ 5:30-6:30pm ★ VINYASA KIM Th	6:00-7:00PM ★ Yin KARYN	★ 6:15-7:30PM ★ VINYASA RUSTY			
7:00-8:00PM Hatha Yoga LINDA T	★ 6:45-7:45PM ★ StrongCore/HealthyBack KAVITHA	7:15-8:15PM ★ Slow Flow ★ LAURA	7:45-8:45pm RESTORATIVE YOGA RUSTY			
POOL						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:00-8:00pm Aqua NORENE	11:15-12:00pm Aqua C.R.			11:00-12:00pm Aqua NORENE		11:00-12:00pm Aqua NORENE

♥ - heart rate monitoring available ★ - infrared heat

Group Training 100

June 24 - 30, 2019

STUDIO A						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	5:45-6:45AM Cardio & Strength SUZANNE		5:45-6:45AM MetaCardio MashUp KTP ♥			
8:15-9:15AM Ball & Roller SUZANNE	8:00-9:00AM P90X BRIAN	8:00-9:00am Body Conditioning C.R.	8:00-9:00AM Step ANN	8:00-9:00AM H.I.I.T. KTP ♥	7:50-8:50am WERQ KASIA	
9:15-10:15AM MetaCardio MashUp KTP ♥	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 Latin Dance Fit JENNIFER	9:00-10:00AM Step Special TERRY	9:05-10:00am BollyX DEEPTHI
10:15-11:15AM Cardio Circuit LINDA U	10:30-11:30AM WERQ EMILY M	10:15-11:15AM BARRE Fitness CLARE	10:30-11:30AM P90X BRIAN	10:30-11:30AM Basic Cardio LINDA U	10:00-11:00AM Body Conditioning TERRY	10:15-11:15am PiYo CLARE
11:15AM-12:15PM Chair Yoga KIM Th	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 P90X BRIAN		
	TUES/THURS MAT PILATES RELOCATED TO YOGA STUDIO					12:30-1:30 Barre Intensity CLARE
	4:30-5:30pm PiYo CLARE			4:30-5:15pm Pilates Interval Training CLARE		
5:45-6:45PM Zumba KRISTEN	5:45-6:45pm BARRE CLARE	5:45-6:45PM Zumba MEGAN	5:45-6:45pm Strength & Sculpt KTP	5:45-6:45pm WERQ KASIA		
6:45-7:45PM Body Conditioning MAUREEN	7:00-8:00PM H.I.I.T. KTP ♥	7:00-8:00PM P90X 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 FIREBALL Cycle LINDA D	8:00-9:00AM Cycle SURGE LINDA D	5:45-6:45AM TOUGH TERRAIN Cycle KTP	8:00-9:00AM Cycle DRILLS w/ HILLS KTP	8:30-9:30AM CycleZone TAYLOR
9:15-10:15AM CZ Monday Mountains TIFFANY		9:15-10:15AM CycleZone TIFFANY		9:15-10:15AM CycleZone 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	7:25-8:25am Total Training Bootcamp LINDA U	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. ♥		9:05-10:00AM Ultimate Bootcamp KEVIN	8:30-9:30AM Cardio KickBoxing CAT	10:15-11:15am Total Training Bootcamp LINDA U
12:00-12:45pm Kickboxing 45 CAT		12:00-12:45pm KickBoxing 45 CAT				
7:00-8:00PM Cardio KickBoxing CAT ♥	6:35-7:30PM Ultimate Bootcamp KEVIN	7:00-8:00PM Cardio KickBoxing CAT ♥	6:35-7:30PM Ultimate Bootcamp KEVIN			
YOGA STUDIO						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	8:00-9:00AM Therapeutic Yoga SUZY ★	8:00-9:00AM Healthy Backs KELLY	8:00-9:00AM Therapeutic Yoga SUZY ★	8:00-9:00 am Sunrise Flow KIM Th	8:00-9:00AM Healthy Backs MARY	
9:00-10:15AM Vinyasa KIM Th ★	9:15-10:30AM Art of Vinyasa SUZY ★	9:15-10:15AM HATHA KELLY	9:15-10:30AM Art of Vinyasa SUZY ★	9:15-10:15AM Sculpt & Flow ANN	9:15-10:30AM Vinyasa MARY ★	8:45-9:45AM Yin KARYN ★
10:30-11:30am Hatha Yoga KAVITHA	10:45-11:45AM Hatha MJ	10:30-11:30AM PiYo LINDA U.	11:00AM-12:00PM Hatha Yoga KAVITHA	10:30-11:30AM Hatha Yoga ANN	11:00AM-12:00PM Hatha Yoga TODD	10:00-11:00AM Slow Flow KARYN ★
4:30-5:30PM Healthy Backs LINDA T	1:00-2:00pm Mat Pilates AMY K		1:00-2:00pm Mat Pilates AMY K	11:45AM-1:00PM Gentle Yoga MIMI		4:30-5:30PM Yogalates SUZY ★
5:45-6:45PM Slow Flow LINDA T	5:30-6:30pm VINYASA KIM Th ★	6:00-7:00PM Yin KARYN ★	6:15-7:30PM VINYASA RUSTY ★			
7:00-8:00PM Intermediate Flow KAVITHA	6:45-7:45PM StrongCore/HealthyBack KAVITHA	7:15-8:15PM Slow Flow KARYN ★	7:45-8:45pm RESTORATIVE YOGA RUSTY			
POOL						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:00-8:00pm Aqua LINDA T	11:15-12:00pm Aqua C.R.			11:00-12:00pm Aqua NORENE		

♥ - heart rate monitoring available

★ - infrared heat