## Group Training 100 Aug 19 - 25, 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 <b>P90X</b> BRIAN	8:00-9:00am Body Condtioning C.R.	8:00-9:00AM <b>Step</b> LISA	8:00-9:00AM <b>H.I.I.T.</b> KTP	8:00-8:50am <b>WERQ</b> KASIA	
9:15-10:15AM	9:15-10:15AM	9:15-10:15AM	9:15-10:15AM	9:15-10:15AM	9:00-10:00AM	
MetaCardio MashUp	MetaCardio Mix	<b>WERQ</b> KASIA	Body Conditioning	BollyX DEEPTHI	Step Special	No PiYo, returns 9/1
10:15-11:15AM	AMY C 10:30-11:30AM	10:15-11:15AM	LISA 10:30-11:30AM	10:30-11:30AM	LISA 10:00-11:00AM	10:15-11:15am
Cardio Circuit	WERQ	BARRE Fitness	P90X	Basic Cardio	Body Conditioning	BollyX
DEBBIE 11:15AM-12:15PM	EMILY M	EMILY B 11:15AM-12:15PM	BRIAN	SUZANNE	LISA	DEEPTHI
Senior Balance,	11:45AM-12:30PM	Senior Strength	11:45am-12:45pm	11:45AM-12:30PM		
Strength & Stretch	Body Condtioning	& Stretch	Chair Yoga	P90X		
DEBBIE	MAUREEN	SUZANNE	KIM Th	BRIAN		12:30-1:30 Barre Intensity
	4:30-5:30pm			4:30-5:15pm		CARRIE
	PiYo CLARE			Pilates Interval Training CLARE		
5:45-6:45PM ZUMBA/ZUMBA TONING	5:45-6:45pm <b>BARRE</b>	5:45-6:45PM <b>ZUMBA</b>	5:45-6:45pm Strength & Sculpt	5:45-6:45pm <b>WERQ</b>		
MEGAN	CLARE	MEGAN	KTP	KASIA		
6:45-7:45PM Body Conditioning	7:00-8:00PM <b>W</b> H.I.I.T.	No P90X	7:00-8:00PM MetaCardio MashUp			
MAUREEN	KTP	C	CLING STUDIO	HEADT DATE MON	ITORING AVAILABLE IN AL	I CYCLE CLASSES
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WONDAT	8:00-8:45AM	5:45-6:45AM	8:00-9:00AM	5:45-6:45AM	8:00-9:00AM	JUNDAT
	Basic Cycle LINDA D	CZ TABATA TRAIL LINDA D	CycleZone H.I.I.T. LINDA D	CycleZone THE SPRINT LINDA D	Cycle ENDURANCE KTP	No CycleZone
9:15-10:15AM CZ Monday Mountains TIFFANY		9:15-10:15AM <b>CycleZone H.I.I.T.</b> TIFFANY		9:15-10:15AM <b>CycleZone</b> AMY C		
	5:45-6:45PM CycleZone		5:45-6:45PM CycleZone			
	HILARY		HILARY			
WRAPS/GLOVES REQUIF	RED FOR ALL BOXING/KB	ВООТ	CAMP / BOXING	WRAPS OR GLOVES RE	EQUIRED FOR ALL BOXING	/KICKBOXING CLASSES
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:05-7:00AM Ultimate Bootcamp KEVIN	6:15-7:00AM <b>LED Boxing</b> 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 Fotal Training Bootcamp LINDA U.	9:15-10:00am <b>KickBoxing 45</b> 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 Bootcan LINDA U
12:00-12:45pm	0/11	12:00-12:45pm		TCE VIIV	O/(I	ENVENTO
Kickboxing 45 CAT		KickBoxing 45 CAT				
7:00-8:00PM	6:35-7:30PM	7:00-8:00PM	6:35-7:30PM			
Cardio KickBoxing CAT	Ultimate Bootcamp KEVIN	Cardio KickBoxing CAT	Ultimate Bootcamp KEVIN			
			YOGA STUDIO			
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	8:00-9:00AM  Healthy Backs LINDSAY	8:00-9:00AM <b>Healthy Backs</b> KELLY	8:00-9:00AM Therapeutic Yoga KAVITHA	8:00-9:00 am <b>Sunrise Flow</b> KIM Th	8:00-9:00AM <b>Healthy Backs</b> MARY	
9:00-10:15AM <b>Vinyasa</b>	9:15-10:30AM Art of Vinyasa	9:15-10:15AM <b>HATHA</b>	9:15-10:30AM Art of Vinyasa	9:15-10:15AM Sculpt & Flow	9:15-10:30AM <b>Vinyasa</b>	8:45-9:45AM <b>Yin</b> MARY
MJ 10:30-11:30am	10:45-11:45AM	KELLY 10:30-11:30AM	11:00AM-12:00PM	ANN 10:30-11:30AM	MARY 11:00AM-12:00PM	10:00-11:00AM
<b>Hatha Yoga</b> KAVITHA	Hatha CHARLES	PiYo LINDA U.	Hatha Yoga KAVITHA	Hatha Yoga ANN	Hatha Yoga ANN	Slow Flow MARY
4:30-5:30PM <b>Healthy Backs</b> LINDA T	No Mat Pilates		No Mat Pilates	11:45AM-1:00PM Gentle Yoga MIMI		4:30-5:30PM Slow Flow LINDSAY
5:45-6:45PM <b>Slow Flow</b> LINDA T	5:30-6:30pm VINYASA KAVITHA	6:00-7:00PM <b>★ Yin</b> KARYN	6:15-7:30PM  VINYASA  RUSTY			
7:00-8:00PM Intermediate Flow	★ 6:45-7:45PM StrongCore/HealthyBack	7:15-8:15PM Slow Flow	7:45-8:45pm RESTORATIVE YOGA			
KAVITHA	KAVITHA	KARYN	RUSTY POOL			
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MONDAT		WEDNESDAT	THURSDAT		SATURDAT	
7:00-8:00pm	11:15-12:00pm			11:00-12:00pm		11:00-12:00pm

## Group Training 100 Aug 26 - Sept 1, 2019

			STUDIO A			
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	5:45-6:45AM Cardio & Strength KTP		5:45-6:45AM  MetaCardio MashUp  KTP			
8:15-9:15AM <b>Ball &amp; Roller</b> SUZANNE	8:00-9:00AM <b>P90X</b> BRIAN	8:00-9:00am Body Condtioning C.R.	8:00-9:00AM Step ANN	8:00-9:00AM H.I.I.T. KTP	8:00-8:50am <b>WERQ</b> KASIA	
9:15-10:15AM	9:15-10:15AM	9:15-10:15AM	9:15-10:15AM		9:00-10:00AM	9:15-10:15am
MetaCardio MashUp KTP ♥	MetaCardio Mix LINDA U	<b>ZUMBA</b> KRISTEN	Body Conditioning ANN	No Latin Dance Fitness	Step Special LISA	PiYo CLARE
10:15-11:15AM Cardio Circuit	10:30-11:30AM <b>WERQ</b>	10:15-11:15AM BARRE Fitness	10:30-11:30AM <b>P90X</b>	10:30-11:30AM Basic Cardio	10:00-11:00AM Body Conditioning	10:15-11:15am <b>BollyX</b>
DEBBIE	KASIA	EMILY B	BRIAN	LINDA U	LISA	DEEPTHI
11:15AM-12:15PM Senior Balance,	11:45AM-12:30PM	11:15AM-12:15PM Senior Strength	11:45am-12:45pm	11:45AM-12:30PM		
Strength & Stretch	Body Condtioning	& Stretch	Chair Yoga	P90X		
ANN	MAUREEN	ANN	KIM Th	BRIAN		12:30-1:30 Barre Intensity CARRIE
	4:30-5:30pm <b>PiYo</b> CLARE			4:30-5:15pm Pilates Interval Training CLARE		OTHER
5:45-6:45PM	5:45-6:45pm	5:45-6:45PM	5:45-6:45pm	5:45-6:45pm		
ZUMBA/ZUMBA TONING MEGAN	BARRE CLARE	ZUMBA MEGAN	Strength & Sculpt KTP	WERQ KASIA		
6:45-7:45PM	7:00-8:00PM 😁	7:00-8:00PM	7:00-8:00PM	10.000		
Body Conditioning MAUREEN	H.I.I.T. KTP	P90X BRIAN	MetaCardio MashUp KTP ♥			
			CLING STUDIO	- HEART RATE MON	TORING AVAILABLE IN AL	L CYCLE CLASSES
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	8:00-8:45AM	5:45-6:45AM	8:00-9:00AM	5:45-6:45AM	8:00-9:00AM	8:30-9:30AM
	Basic Cycle LINDA D	Cycle HIGHEST HIGHS LINDA D	<b>CycleZone</b> LINDA D	Cycle RIDE I.T. LINDA D	CycleZone TABATA KTP	Cycle ALL TERRAIN TIFFANY
9:15-10:15AM CycleZone H.I.I.T. TIFFANY		9:15-10:15AM <b>CycleZone</b> TIFFANY		9:15-10:15AM CycleZone POWER AMY C		
1117441	5:45-6:45PM	11174(1	5:45-6:45PM	711111 0		
	CycleZone HILARY		CycleZone HILARY			
WRAPS/GLOVES REQUIR	RED FOR ALL BOXING/KB	BOOT	CAMP / BOXING	WRAPS OR GLOVES RE	QUIRED FOR ALL BOXING	KICKBOXING CLASSES
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:05-7:00AM Ultimate Bootcamp KEVIN	6:15-7:00AM <b>LED Boxing</b> BO	6:00-7:00am Best of Both Worlds BO		6:05-7:00AM Ultimate Bootcamp KEVIN	7:25-8:25am Total Training Bootcam <sub>l</sub> LINDA U	9:00-10:00AM Cardio KickBoxing CAT
9:05-10:00AM Total Training Bootcamp LINDA U.	9:15-10:00am <b>KickBoxing 45</b> 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 Bootcam KTP
12:00-12:45pm <b>Kickboxing 45</b> CAT		12:00-12:45pm <b>KickBoxing 45</b> 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 9:00 0:00AM	WEDNESDAY	THURSDAY	FRIDAY 8:00-9:00 am	SATURDAY 8:00 0:00AM	SUNDAY
	8:00-9:00AM Healthy Backs LINDSAY	8:00-9:00AM <b>Healthy Backs</b> KELLY	8:00-9:00AM Therapeutic Yoga KAVITHA	Sunrise Flow KIM Th	8:00-9:00AM <b>Healthy Backs</b> SHERI	
9:00-10:15AM <b>★ Vinyasa</b> ANN	9:15-10:30AM Ashtanga LINDSAY	9:15-10:15AM <b>HATHA</b> KELLY	9:15-10:30AM Art of Vinyasa KAVITHA	9:15-10:15AM Sculpt & Flow ANN	9:15-10:30AM <b>Vinyasa</b> SHERI	8:45-9:45AM <b>Yin</b> MARY
10:30-11:30am <b>Hatha Yoga</b> KAVITHA	10:45-11:45AM <b>Hatha</b> CHARLES	10:30-11:30AM <b>PiYo</b> LINDA U.	11:00AM-12:00PM <b>Hatha Yoga</b> KAVITHA	10:30-11:30AM <b>Hatha Yoga</b> ANN	11:00AM-12:00PM Hatha Yoga ANN	10:00-11:00AM Slow Flow MARY
4:30-5:30PM <b>Healthy Backs</b> LINDA T	1:00-2:00pm <b>Mat Pilates</b> AMY K		1:00-2:00pm <b>Mat Pilates</b> AMY K	11:45AM-1:00PM Gentle Yoga MIMI		No Yogalates
5:45-6:45PM <b>Slow Flow</b> LINDA T	5:30-6:30pm <b>VINYASA</b> KIM Th	6:00-7:00PM <b>Yin</b> 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 LAURA	7:45-8:45pm RESTORATIVE YOGA RUSTY			
			POOL			
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:00-8:00pm <b>Aqua</b>	11:15-12:00pm <b>Aqua</b>			11:00-12:00pm <b>Aqua</b>		11:00-12:00pm <b>Aqua</b>
	NORENE					C.R.