

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 P90X BRIAN	8:00-9:00am Body Conditioning C.R.	8:00-9:00AM Step LISA	8:00-9:00AM H.I.I.T. ♥ KTP	8:00-8:50am WERQ KASIA	
9:15-10:15AM MetaCardio MashUp KTP ♥	9:15-10:15AM MetaCardio Mix AMY C ♥	9:15-10:15AM WERQ KASIA	9:15-10:15AM Body Conditioning LISA	9:15-10:15AM BollyX DEEPTHI	9:00-10:00AM Step Special LISA	No PiYo, returns 9/1
10:15-11:15AM Cardio Circuit DEBBIE	10:30-11:30AM WERQ EMILY M	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	10:15-11:15am BollyX DEEPTHI
11:15AM-12:15PM Senior Balance, Strength & Stretch DEBBIE	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		
						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/ZUMBA TONING MEGAN	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	No P90X	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 CZ TABATA TRAIL LINDA D	8:00-9:00AM CycleZone H.I.I.T. LINDA D	5:45-6:45AM CycleZone THE SPRINT LINDA D	8:00-9:00AM Cycle ENDURANCE KTP	No CycleZone
9:15-10:15AM CZ Monday Mountains TIFFANY		9:15-10:15AM CycleZone H.I.I.T. 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 ★ Healthy Backs LINDSAY	8:00-9:00AM Healthy Backs KELLY	8:00-9:00AM ★ Therapeutic Yoga KAVITHA	8:00-9:00 am Sunrise Flow KIM Th	8:00-9:00AM Healthy Backs MARY	
9:00-10:15AM ★ Vinyasa MJ	9:15-10:30AM ★ Art of Vinyasa LINDSAY	9:15-10:15AM HATHA KELLY	9:15-10:30AM ★ Art of Vinyasa KAVITHA	9:15-10:15AM Sculpt & Flow ANN	9:15-10:30AM ★ Vinyasa MARY	8:45-9:45AM ★ Yin MARY
10:30-11:30am Hatha Yoga KAVITHA	10:45-11:45AM Hatha CHARLES	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 ANN	10:00-11:00AM ★ Slow Flow MARY
4:30-5:30PM Healthy Backs 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 Slow Flow LINDA T	★ 5:30-6:30pm VINYASA KAVITHA	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 DEBBIE	11:15-12:00pm Aqua NORENE			11:00-12:00pm Aqua C.R.		11:00-12:00pm Aqua C.R.

♥ - heart rate monitoring available ★ - infrared heat

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 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	8:00-8:50am WERQ KASIA	9:15-10:15am PiYo CLARE
9:15-10:15AM MetaCardio MashUp KTP ♥	9:15-10:15AM MetaCardio Mix LINDA U ♥	9:15-10:15AM ZUMBA KRISTEN	9:15-10:15AM Body Conditioning ANN	No Latin Dance Fitness	9:00-10:00AM Step Special LISA	10:15-11:15am BollyX DEEPTHI
10:15-11:15AM Cardio Circuit DEBBIE	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 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 ANN	11:45am-12:45pm Chair Yoga KIM Th	11:45AM-12:30PM P90X BRIAN		
						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/ZUMBA TONING MEGAN	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 Cycle HIGHEST HIGHS LINDA D	8:00-9:00AM CycleZone LINDA D	5:45-6:45AM Cycle RIDE I.T. LINDA D	8:00-9:00AM CycleZone TABATA KTP	8:30-9:30AM Cycle ALL TERRAIN TIFFANY
9:15-10:15AM CycleZone H.I.I.T. TIFFANY		9:15-10:15AM CycleZone TIFFANY		9:15-10:15AM CycleZone POWER 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						
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YOGA STUDIO						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	8:00-9:00AM ★ Healthy Backs LINDSAY	8:00-9:00AM Healthy Backs KELLY	8:00-9:00AM ★ Therapeutic Yoga KAVITHA	8:00-9:00 am Sunrise Flow KIM Th	8:00-9:00AM Healthy Backs SHERI	
9:00-10:15AM ★ Vinyasa ANN	9:15-10:30AM ★ Ashtanga LINDSAY	9:15-10:15AM HATHA KELLY	9:15-10:30AM ★ Art of Vinyasa KAVITHA	9:15-10:15AM Sculpt & Flow ANN	9:15-10:30AM ★ Vinyasa SHERI	8:45-9:45AM ★ Yin MARY
10:30-11:30am Hatha Yoga KAVITHA	10:45-11:45AM Hatha CHARLES	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 ANN	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 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 Aqua DEBBIE	11:15-12:00pm Aqua NORENE			11:00-12:00pm Aqua C.R.		11:00-12:00pm Aqua C.R.

♥ - heart rate monitoring available ★ - infrared heat