

Group Training 100 Oct 14 - 20, 2019

| 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 P90X 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 | |
| 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 |
| 10:15-11:15AM 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 LINDA U | 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 | | |
| | 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 | | | 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. ♥ DEBBIE | 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 CZ HILLS & DRILLS LINDA D | 8:00-9:00AM Cycle FIRE LINDA D | 5:45-6:45AM CycleZone H.I.I.T. LINDA D | 8:00-9:00AM CZ 80s & 90s MOVIES KTP | 8:30-9:30AM CZ ALL TERRAIN TIFFANY |
| 9:15-10:15AM CycleZone HILLS TIFFANY | | 9:15-10:15AM CycleZone H.I.I.T. TIFFANY | | 9:15-10:15AM CycleZone POPROCKS AMY C | | |
| | 5:45-6:45PM CZ SPRINTS & HILLS HILARY | | 5:45-6:45PM CycleZone ENDURANCE 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 | 6:30 - 7:15am LED Boxing BO | 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 | 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 ANN | 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 | No Yin (returns next week) |
| 10:30-11:30am Hatha Yoga KAVITHA | 10:45-11:45AM Hatha CHARLES | 10:30-11:30AM PiYo LINDA U. | No Hatha Yoga (returns next week) | 10:30-11:30AM Hatha Yoga ANN | 11:00AM-12:00PM Hatha Yoga TODD | No Slow Flow (returns next week) |
| 4:30-5:30PM Healthy Backs LINDA T | | | | 11:45AM-1:00PM Gentle Yoga MIMI | | 4:30-5:30PM ★ Yogalates SUZY |
| 5:45-6:45PM Slow Flow LINDA T | | 6:00-7:00PM ★ Yin MJ | 6:30-7:45pm ★ VINYASA RUSTY | | | |
| 7:00-8:00PM Intermediate Flow KAVITHA | ★ 6:45-8:00pm StrongCore/HealthyBack MJ | 7:15-8:15PM ★ Slow Flow MJ | | | | |
| 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. |

♥ - heart rate monitoring available ★ - infrared heat

Group Training 100 Oct 21 - 27, 2019

| 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 P90X 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 | |
| 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 | No Step Special | 9:15-10:15am PiYo CLARE |
| 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 | No Body Conditioning | 10:15-11:15am BollyX DEEPTHI |
| 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 P90X 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 | | | 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 KRISTEN | 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 CZ HIGHER GROUND LINDA D | 8:00-9:00AM CycleZone LINDA D | 5:45-6:45AM LET'S RIDE LINDA D | 8:00-9:00AM CZ DRILLS w/ HILLS KTP | No CycleZone |
| 9:15-10:15AM CycleZone TOP HITS TIFFANY | | 9:15-10:15AM CZ Midweek Mountains TIFFANY | | 9:15-10:15AM CycleZone AMY C | | |
| | 5:45-6:45PM CycleZone POWER HILARY | | 5:45-6:45PM CZ SPRINTS & HILLS 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 |
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| 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 | 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 CHARLES | 8:00-9:00AM Healthy Backs SHERI | |
| 9:00-10:15AM ★ Vinyasa ANN | 9:15-10:30AM ★ Ashtanga 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 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 | | | | 11:45AM-1:00PM Gentle Yoga MIMI | | 4:30-5:30PM ★ Yogalates SUZY |
| 5:45-6:45PM Slow Flow LINDA T | | 6:00-7:00PM ★ Yin KAVITHA | 6:30-7:45pm ★ VINYASA RUSTY | | | |
| 7:00-8:00PM 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 C.R. | | 9:00-10:00am AQUA C.R. |

♥ - heart rate monitoring available ★ - infrared heat