

## Group Training 100 Nov 18 - 24, 2019

STUDIO A						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:45-6:45am <b>BARRE</b> CLARE	5:45-6:45am <b>H.I.I.T.</b> ♥ KTP		5:45-6:45AM <b>MetaCardio MashUp</b> KTP ♥			
8:15-9:15AM <b>Body Work</b> SUZANNE	8:00-9:00AM <b>P90X</b> BRIAN	8:00-9:00am <b>Body Conditioning</b> ANN	8:00-9:00AM <b>Step</b> ANN	8:00-9:00AM <b>H.I.I.T.</b> ♥ KTP	8:00-8:50am <b>WERQ</b> KASIA	9:15-10:15am <b>PiYo</b> CLARE
9:15-10:00am <b>Pilates Interval Training</b> CLARE	9:15-10:15AM <b>MetaCardio Mix</b> AMY C ♥	9:15-10:15AM <b>ZUMBA</b> KRISTEN	9:15-10:15AM <b>Body Conditioning</b> ANN	9:15-10:15AM <b>ZUMBA</b> KRISTEN	9:00-10:00AM <b>Step Special</b> LISA	
10:15-11:15AM <b>Cardio Circuit</b> DEBBIE	10:30-11:30AM <b>WERQ</b> EMILY M	10:15-11:15AM <b>BARRE Fitness</b> EMILY B	10:30-11:30AM <b>P90X</b> BRIAN	10:30-11:30AM <b>Basic Cardio</b> SUZANNE	10:00-11:00AM <b>Body Conditioning</b> LISA	
11:15AM-12:15PM <b>Senior Balance, Strength &amp; Stretch</b> DEBBIE	11:45AM-12:30PM <b>Body Conditioning</b> MAUREEN	11:15AM-12:15PM <b>Senior Strength &amp; Stretch</b> SUZANNE	11:45am-12:45pm <b>Chair Yoga</b> KIM Th	11:45AM-12:30PM <b>P90X</b> BRIAN		
	1:00-2:00pm <b>Mat Pilates</b> AMY K		1:00-2:00pm <b>Mat Pilates</b> AMY K			12:30-1:30 <b>Barre Intensity</b> CARRIE
	4:30-5:30pm <b>PiYo</b> CLARE			4:30-5:15pm <b>Pilates Interval Training</b> CLARE		
5:45-6:45PM <b>ZUMBA</b> KRISTEN	5:45-6:45pm <b>BARRE</b> CLARE	5:45-6:45PM <b>ZUMBA</b> MEGAN	5:45-6:45pm <b>Strength &amp; Sculpt</b> KTP	5:45-6:45pm <b>WERQ</b> KASIA		
6:45-7:45PM <b>Body Conditioning</b> MAUREEN	7:00-8:00PM <b>H.I.I.T.</b> ♥ KTP	7:00-8:00PM <b>P90X</b> BRIAN	7:00-8:00PM <b>MetaCardio MashUp</b> KTP ♥			
CYCLING STUDIO ♥ - HEART RATE MONITORING AVAILABLE IN ALL CYCLE CLASSES						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	8:00-8:45AM <b>Basic Cycle</b> LINDA D	5:45-6:45AM <b>Cycle ROLL ON</b> LINDA D	8:00-9:00AM <b>CZ MOUNTAIN MILE</b> LINDA D	5:45-6:45AM <b>CZ NEVER ENOUGH</b> LINDA D	8:00-9:00AM <b>Cycle HILLS &amp; DRILLS</b> KIM	8:30-9:30AM <b>CycleZone H.I.I.T.</b> TIFFANY
9:15-10:15AM <b>CZ Monday Mountains</b> TIFFANY		9:15-10:15AM <b>CycleZone</b> TIFFANY		9:15-10:15AM <b>CycleZone TODAY'S HITS</b> AMY C		
	5:45-6:45PM <b>CycleZone POWER</b> HILARY		5:45-6:45PM <b>CycleZone POWER</b> 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 <b>Ultimate Bootcamp</b> KEVIN	6:15-7:00AM <b>LED Boxing</b> BO	6:00-7:00am <b>Best of Both Worlds</b> BO	8:00-9:00AM <b>Ultimate Bootcamp</b> KEVIN	6:05-7:00AM <b>Ultimate Bootcamp</b> KEVIN	6:30 - 7:15am <b>LED Boxing</b> BO	9:00-10:00AM <b>Cardio KickBoxing</b> CAT
9:05-10:00AM <b>Total Training Bootcamp</b> LINDA U.	9:15-10:00am <b>KickBoxing 45</b> CAT	9:05-10:00AM <b>Total Training Bootcamp</b> LINDA U.	9:15-10:00am <b>KickBoxing 45</b> CAT	9:05-10:00AM <b>Ultimate Bootcamp</b> KEVIN	7:25-8:25am <b>Total Training Bootcamp</b> KEVIN	10:15-11:15am <b>Total Training Bootcamp</b> LINDA U
12:00-12:45pm <b>Kickboxing 45</b> CAT		12:00-12:45pm <b>KickBoxing 45</b> CAT			8:30-9:30AM <b>Cardio KickBoxing</b> CAT	
7:00-8:00PM <b>Cardio KickBoxing</b> CAT	6:35-7:30PM <b>Ultimate Bootcamp</b> KEVIN	7:00-8:00PM <b>Cardio KickBoxing</b> CAT	6:35-7:30PM <b>Ultimate Bootcamp</b> LINDA U			
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 <b>Therapeutic Yoga (IR2)</b> ★SUZY	8:00-9:00AM <b>Healthy Backs</b> KELLY	8:00-9:00AM <b>Therapeutic Yoga (IR2)</b> ★SUZY	<b>No Sunrise Flow</b>	8:00-9:00AM <b>Healthy Backs</b> SHERI	
9:00-10:15AM <b>Vinyasa (IR3)</b> ★CAROL HELENA	9:15-10:30AM <b>Ashtanga (IR2)</b> ★SUZY	9:15-10:15AM <b>HATHA</b> KELLY	9:15-10:30AM <b>Art of Vinyasa (IR2)</b> ★SUZY	9:15-10:15AM <b>Sculpt &amp; Flow</b> ANN	9:15-10:30AM <b>Vinyasa (IR3)</b> ★SHERI	8:45-9:45AM <b>Healthy Back Flow (IR1)</b> ★MARY
10:30-11:30am <b>Hatha Yoga</b> ★CAROL HELENA	10:45-11:45AM <b>Hatha</b> CHARLES	10:30-11:30AM <b>PiYo</b> LINDA U.	11:00AM-12:15PM <b>Hatha Yoga</b> KAVITHA	10:30-11:30AM <b>Hatha Yoga</b> ANN	11:00AM-12:00PM <b>Hatha Yoga</b> ANN	10:00-11:00AM <b>Slow Flow (IR2/3)</b> ★MARY
4:30-5:30PM <b>Healthy Backs</b> LINDA T				11:45AM-1:00PM <b>Gentle Yoga</b> MIMI		11:15am-12:30pm <b>Ashtanga (IR1)</b> ★AUTUMN
5:45-6:45PM <b>Slow Flow</b> LINDA T		6:00-7:00PM <b>Yin (IR2)</b> ★KARYN	6:45-8:00pm <b>VINYASA (IR3)</b> ★AUTUMN			<b>No Yogalates</b>
7:00-8:00PM <b>Intermediate Flow</b> LINDA T	★6:45-8:00pm <b>StrongCore/HealthyBack</b> MJ	7:15-8:15PM <b>Slow Flow</b> ★LAURA				
POOL						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:15-10:15am <b>AQUA</b> DEBBIE		9:15-10:15am <b>AQUA</b> ANN		9:15-10:15am <b>AQUA</b> DEBBIE		9:00-10:00am <b>AQUA</b> CAROL HELENA

♥ - heart rate monitoring available    ★ - infrared heat: IR1: infrared at 70-76, IR2: infrared at 76-80, IR3: infrared at 80-86

## Group Training 100 Nov 25 - Dec 1, 2019

STUDIO A						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:45-6:45am <b>BARRE</b> CLARE	5:45-6:45am <b>H.I.I.T.</b> ♥ KTP					
8:15-9:15AM <b>Body Work</b> SUZANNE	8:00-9:00AM <b>P90X</b> BRIAN	8:00-9:00am <b>Body Conditioning</b> ANN		8:00-9:00AM <b>H.I.I.T.</b> ♥ KTP	8:00-8:50am <b>WERQ</b> KASIA	8:15-9:00am <b>Body Conditioning 45</b> C.R.
9:15-10:00am <b>Pilates Interval Training</b> CLARE	9:15-10:15AM <b>MetaCardio Mix</b> AMY C ♥	9:15-10:15AM <b>ZUMBA</b> KRISTEN		9:15-10:15AM <b>ZUMBA</b> KRISTEN	9:00-10:00AM <b>Step Special</b> LISA	9:15-10:15am <b>PiYo</b> CLARE
10:15-11:15AM <b>Cardio Circuit</b> KTP	10:30-11:30AM <b>WERQ</b> EMILY M	10:15-11:15AM <b>BARRE Fitness</b> EMILY B		10:30-11:30AM <b>Basic Cardio</b> LINDA U	10:00-11:00AM <b>Body Conditioning</b> LISA	
11:15AM-12:15PM <b>Senior Balance, Strength &amp; Stretch</b> ANN	11:45AM-12:30PM <b>Body Conditioning</b> MAUREEN	11:15AM-12:15PM <b>Senior Strength &amp; Stretch</b> SUZANNE		11:45AM-12:30PM <b>TABATA I.T.</b> LINDA U		
	No Mat Pilates (returns next week)					12:30-1:30 <b>Barre Intensity</b> CARRIE
	4:30-5:30pm <b>PiYo</b> CLARE				4:30-5:15pm <b>Pilates Interval Training</b> CLARE	
5:45-6:45PM <b>ZUMBA</b> KRISTEN	5:45-6:45pm <b>BARRE</b> CLARE	No ZUMBA (returns next week)			5:45-6:45pm <b>WERQ</b> KASIA	
6:45-7:45PM <b>Body Conditioning</b> MAUREEN	7:00-8:00PM <b>H.I.I.T.</b> ♥ KTP	No P90X (returns next week)				
CYCLING STUDIO ♥ - HEART RATE MONITORING AVAILABLE IN ALL CYCLE CLASSES						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	8:00-8:45AM <b>Basic Cycle</b> LINDA D	5:45-6:45AM <b>CycleZone I.T.</b> LINDA D		5:45-6:45AM <b>CycleZone H.I.I.T.</b> LINDA D	8:00-9:00AM <b>CZ Hits Over The Years</b> KTP	8:30-9:30AM <b>CZ ALL TERRAIN</b> Tiffany
9:15-10:15AM <b>CycleZone</b> TIFFANY		9:15-10:15AM <b>CycleZone</b> TIFFANY		9:15-10:15AM <b>CZ TABATA TRAIL</b> KTP		
	5:45-6:45PM <b>CycleZone</b> KTP					
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 <b>Ultimate Bootcamp</b> KEVIN	6:15-7:00AM <b>LED Boxing</b> BO	6:00-7:00am <b>Best of Both Worlds</b> BO		No 6:05am Bootcamp (returns next week)	6:30 - 7:15am <b>LED Boxing</b> BO	9:00-10:00AM <b>Cardio KickBoxing</b> CAT
9:05-10:00AM <b>Total Training Bootcamp</b> LINDA U.	9:15-10:00am <b>KickBoxing 45</b> CAT	9:05-10:00AM <b>Total Training Bootcamp</b> LINDA U.		9:05-10:00AM <b>Ultimate Bootcamp</b> KEVIN	7:25-8:25am <b>Total Training Bootcamp</b> LINDA U	10:15-11:15am <b>Total Training Bootcamp</b> LINDA U
12:00-12:45pm <b>Kickboxing 45</b> CAT		12:00-12:45pm <b>KickBoxing 45</b> CAT			8:30-9:30AM <b>Cardio KickBoxing</b> CAT	
7:00-8:00PM <b>Cardio KickBoxing</b> CAT	6:35-7:30PM <b>Ultimate Bootcamp</b> KEVIN	7:00-8:00PM <b>Cardio KickBoxing</b> CAT				
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 <b>Therapeutic Yoga (IR2)</b> ★SUZY	8:00-9:00AM <b>Healthy Backs</b> KELLY			8:00-9:00AM <b>Healthy Backs</b> MARY	
9:00-10:15AM <b>Vinyasa (IR3)</b> ★ ANN	9:15-10:30AM <b>Art of Vinyasa (IR3)</b> ★ SUZY	9:15-10:15AM <b>HATHA</b> KELLY		9:15-10:15AM <b>Sculpt &amp; Flow</b> ANN	9:15-10:30AM <b>Vinyasa (IR3+)</b> ★ MARY	8:45-9:45AM <b>Healthy Back Flow (IR2)</b> ★ KARYN
10:30-11:45am <b>Hatha Yoga</b> KAVITHA	10:45-11:45AM <b>Hatha</b> CHARLES	10:30-11:30AM <b>PiYo</b> LINDA U.		10:30-11:30AM <b>Hatha Yoga</b> ANN	11:00AM-12:00PM <b>Hatha Yoga</b> TODD	10:00-11:00AM <b>Slow Flow (IR2)</b> ★ KARYN
4:30-5:30PM <b>Healthy Backs</b> LINDA T				11:45AM-1:00PM <b>Gentle Yoga</b> CHARLES		11:15am-12:30pm <b>Ashtanga (IR1)</b> ★ AUTUMN
5:45-6:45PM <b>Slow Flow</b> LINDA T		No Yin (IR2) (returns next week)				
7:00-8:15pm <b>Intermediate Flow</b> KAVITHA	★ 6:45-8:00pm <b>StrongCore/HealthyBack</b> KAVITHA	<b>Slow Flow (IR2)</b> (returns next week)				
				POOL		
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:15-10:15am <b>AQUA</b> DIANE		9:15-10:15am <b>AQUA</b> ANN	Club Closed HAPPY THANKSGIVING!!!	9:15-10:15am <b>AQUA</b> DIANE		9:00-10:00am <b>AQUA</b> C.R.

♥ - heart rate monitoring available

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