

Group Training 100 Sept 16 - 22, 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 & Strength C.R.	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 C.R.	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 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 Rock I.T. Cycle LINDA D	8:00-9:00AM CycleZone LINDA D	5:45-6:45AM CRANK IT UP LINDA D	8:00-9:00AM Cycle SUMMER HITS KTP	8:30-9:30AM Cycle SPRINTS TIFFANY
9:15-10:15AM CycleZone H.I.I.T. TIFFANY		9:15-10:15AM CZ Throwbacks TIFFANY		9:15-10:15AM CycleZone AMY C		
	5:45-6:45PM CycleZone POWER HILARY		5:45-6:45PM Cycle 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 ★ KAVITHA	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 ANN	9:15-10:30AM ★ Art of Vinyasa KAVITHA	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 KARYN
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 TODD	10:00-11:00AM ★ Slow Flow KARYN
4:30-5:30PM Healthy Backs LINDA T				11:45AM-1:00PM Gentle Yoga MIMI		No Yogalates (returns 9/29)
5:45-6:45PM Slow Flow LINDA T		6:00-7:00PM ★ Yin KARYN	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 KARYN				
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 Sept 23 - 29, 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 SUZANNE ♥			
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. ♥ AMY C	8:00-8:50am WERQ KASIA	9:15-10:15am PiYo CLARE
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	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 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	
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 LINDA U	5:45-6:45pm WERQ KRISTEN		
6:45-7:45PM Body Conditioning MAUREEN	7:00-8:00PM H.I.I.T. ♥ KTP	7:00-8:00PM P90X BRIAN	No MetaCardio MashUp			
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 DON'T LOOK BACK LINDA D	8:00-9:00AM CycleZone LINDA D	5:45-6:45AM Cycle FIRE LINDA D	8:00-9:00AM Cz Hits Over the Years LINDA D	No CycleZone
9:15-10:15AM CycleZone 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						
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 ★ KAVITHA	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 MJ	
9:00-10:15AM ★ Vinyasa ANN	9:15-10:30AM ★ Vinyasa KAVITHA	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 MJ	8:45-9:45AM ★ Yin KARYN
10:30-11:30am Hatha Yoga KAVITHA	10:45-11:45AM Hatha KIM TH	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				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 KARYN	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