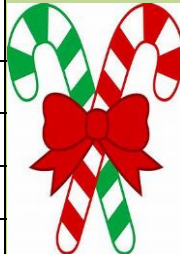





Group Training 100 Dec 23 - 29, 2019

STUDIO A								
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY		
5:45-6:45am BARRE CLARE	CHRISTMAS EVE CLUB HOURS: 5:30am-1pm	CHRISTMAS DAY CLUB CLOSED	5:45-6:45AM MetaCardio MashUp KTP ♥					
8:15-9:15AM Body Work SUZANNE			8:00-9:00AM Step ANN	8:00-9:00AM H.I.I.T. ♥ KTP	8:00-8:50am WERQ KASIA	8:15-9:00am Body Conditioning 45 C.R.		
9:15-10:00am Pilates Interval Training CLARE	9:15-10:15am Holiday Build & Burn AMY C 		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 CLIMB BRIAN	No Basic Cardio	10:00-11:00AM Body Conditioning LISA			
11:15AM-12:15PM Senior Balance, Strength & Stretch DEBBIE			11:45am-12:45pm Chair Yoga KIM Th		11:45AM-12:30PM CLIMB BRIAN			
			1:00-2:00pm Mat Pilates AMY K				12:30-1:30 Barre Intensity CARRIE	
				4:30-5:15pm Pilates Interval Training 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 MetaCardio MashUp KTP ♥					
CYCLING STUDIO ♥ - HEART RATE MONITORING AVAILABLE IN ALL CYCLE CLASSES								
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY		
	8:00-9:15am Cycle + Core TIFFANY		8:00-9:00AM CycleZone LET'S RIDE LINDA D	5:45-6:45AM CycleZone LINDA D	8:00-9:00AM CycleZone TABATA KTP	No CycleZone		
9:15-10:15AM CZ CHRISTMAS HITS TIFFANY	9:30-10:30am CycleZone HILARY	HAPPY HOLIDAYS!!		9:15-10:15AM CycleZone AMY C				
			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			6:05-7:00AM Ultimate Bootcamp KEVIN		9:00-10:00AM Cardio KickBoxing CAT		
9:05-10:00AM Total Training Bootcamp LINDA U.	8:30-10:00am Jingle Bell Rockin' Bootcamp KEVIN & LINDA U		9:15-10:00am KickBoxing 45 CAT	9:05-10:00AM Ultimate Bootcamp KEVIN	7:25-8:25am Ultimate Bootcamp KEVIN	Total Training Bootcamp LINDA U		
12:00-12:45pm Kickboxing 45 CAT					8:30-9:30AM Cardio KickBoxing CAT			
7:00-8:00PM Cardio KickBoxing CAT				No Bootcamp				
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 Therapeutic Yoga (IR2) ★ SUZY		8:00-9:00AM Healthy Backs KIM Th			
9:00-10:15AM Vinyasa (IR3) ★ ANN	8:30-10:00am Therapeutic Slow Flow SUZY		9:15-10:30AM Art of Vinyasa (IR3) ★ SUZY	9:15-10:15AM Sculpt & Flow ANN	9:15-10:30AM Vinyasa (IR3+) ★ KIM Th	8:45-9:45AM Healthy Back Flow (IR2) ★ KARYN		
10:30-11:45am Hatha Yoga KAVITHA	10:45-11:45am Hatha Yoga CHARLES		11:00am-12:15pm Hatha Yoga KAVITHA	10:30-11:30AM Hatha Yoga ANN	11:00AM-12:00PM Hatha Yoga TODD	10:00-11:00AM Slow Flow (IR2) ★ KARYN	10:00-11:00AM Slow Flow (IR2) ★ KARYN	
4:30-5:30PM Healthy Backs LINDA T				11:45AM-1:00PM Gentle Yoga MIMI			11:15am-12:30pm Ashtanga (IR1) ★ AUTUMN	
5:45-6:45PM Slow Flow LINDA T				6:45-8:00pm VINYASA (IR3) ★ AUTUMN				
7:00-8:15pm Intermediate Flow KAVITHA								
POOL								
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY		
12:15-1:15pm AQUA DEBBIE				12:00-1:00pm AQUA ANN		No AQUA		

♥ - heart rate monitoring available

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

Group Training 100 Dec 30 - Jan 5, 2020

STUDIO A								
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY		
5:45-6:45am BARRE CLARE	NEW YEARS EVE CLUB HOURS: 5:30am-3:00pm	NEW YEARS DAY CLUB HOURS: 8:00am-1:00pm	5:45-6:45AM MetaCardio MashUp KTP ♥					
8:15-9:15AM Body Work KTP			8:00-9:00AM Step ANN	8:00-9:00AM H.I.I.T. ♥ KTP	8:00-8:50am WERQ KASIA	8:15-9:00am Body Conditioning 45 C.R.		
9:15-10:00am Pilates Interval Training CLARE	9:00-10:00am COUNTDOWN H.I.I.T. KTP	9:00-10:15am Cardio & Strength AMY C	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		
No Cardio Circuit			10:30-11:30AM CLIMB 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-12:45pm Chair Yoga KIM Th	11:45AM-12:30PM CLIMB BRIAN				
	1:00-2:00pm Mat Pilates AMY K			1:00-2:00pm Mat Pilates AMY K			12:30-1:30 Barre Intensity CARRIE	
					5:00-5:45pm Pilates Interval Training CLARE			
5:45-6:45PM ZUMBA KRISTEN			5:45-6:45pm Strength & Sculpt KTP					
6:45-7:45PM Body Conditioning ANN			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 Cycle RIDE 45 LINDA D	5:45-6:45AM CycleZone THE NEW LINDA D	8:00-9:00AM Cycle BEST OF 2019 KTP	8:30-9:30AM CycleZone ALL TERRAIN TIFFANY		
9:15-10:15AM CycleZone AMY C	8:30-9:30am HOLIDAY HUSTLE AMY C	9:30-10:30am RESOLUTION RIDE KTP		9:15-10:15AM CycleZone ALL OUT 10s AMY C				
			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				6:05-7:00AM Ultimate Bootcamp KEVIN		9:00-10:00AM Cardio KickBoxing CAT		
9:05-10:00AM Total Training Bootcamp LINDA U.	8:30-10:00am New Year's Eve Rockin' Bootcamp KEVIN & LINDA U	10:00-11:00am Kickboxing CAT	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		11:15-12:00pm Queenax Suspension CAT			8:30-9:30AM Cardio KickBoxing CAT			
	10:15-11:15am Kickboxing CAT							
7:00-8:00PM Cardio KickBoxing CAT			6:35-7:30PM Ultimate Bootcamp KEVIN					
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 Therapeutic Yoga (IR2) ★ SUZY		No Healthy Backs (returns next week)			
9:00-10:15AM Vinyasa (IR3) ★ ANN	8:45-10:00am VINYASA KIM Th	9:00-10:15am VINYASA KIM Th	9:15-10:30AM Art of Vinyasa (IR3) ★ SUZY	9:15-10:15AM Sculpt & Flow ANN	9:15-10:30AM Vinyasa (IR3) ★ AUTUMN	8:45-9:45AM Healthy Back Flow (IR1) ★ KARYN		
10:30-11:45am Hatha Yoga KAVITHA	10:30-11:45am StrongCore/HealthyBack KAVITHA	10:30-11:45am A New Dawn KAVITHA	11:00am-12:15pm Hatha Yoga KAVITHA	10:30-11:30AM Hatha Yoga ANN	11:00AM-12:00PM Hatha Yoga ANN	10:00-11:00AM Slow Flow (IR2/3) ★ KARYN		
4:30-5:30PM Healthy Backs LINDA T				11:45AM-1:00PM Gentle Yoga MIMI		11:15am-12:30pm Ashtanga (IR1) ★ AUTUMN		
5:45-6:45PM Slow Flow LINDA T			6:45-8:00pm VINYASA (IR3) ★ AUTUMN					
7:00-8:15pm Intermediate Flow KAVITHA								
POOL								
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY		
12:15-1:15pm AQUA ANN				12:00-1:00pm AQUA C.R.		9:00-10:00am AQUA C.R.		

♥ - heart rate monitoring available

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