

Group Training @ The Club June 20, 2022-June 26, 2022

WORKOUT ALLEY						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
					In Studio A if it rains 8:00-9:00am CYCLE KIM	In Studio A if it rains 8:30-9:30am CYCLE TIFFANY
STUDIO A						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	6:00-7:00am CYCLE LINDA D					
	8:15-9:00am ONE MORE REP TIFFANY		8:00-9:00am STEP ANN	8:00-9:00am CARDIO & STRENGTH C.R.	8:00-9:00am CYCLE KIM	8:30-9:30am CYCLE TIFFANY
	9:30-10:30am Cardio, Core, & Strength AMY	9:15-10:15am CYCLE CIRCUIT TIFFANY	9:05-10:05am BODY Conditioning ANN	9:15-10:15am CYCLE TIFFANY	9:30-10:30am ZUMBA LEXI	
10:30-11:30am ACTIVE AGING ANN		10:30-11:30am ACTIVE AGING SUZANNE			11:00am-12:00pm HATHA YOGA ANN	
6:00-7:00pm ZUMBA ERIN	5:45-6:30pm CYCLING LEXI					
7:15-8:00pm JIMI V's Bootcamp JIMI	6:45-7:30pm TOTAL BODY STRENGTH LEXI	6:45-7:15pm BEST OF Both Worlds LEXI	6:15-7:15pm STRENGTH & SCULPT KIM			
BOXING ROOM						
BOOTCAMP ROOM			PICKLEBALL (PB) COURT			
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		Gloves required for all boxing classes				
6:15-7:00am TABATA TRAINING LEXI	6:45-7:30am ULTIMATE Bootcamp KEVIN	6:00-7:00am BEST OF Both Worlds LEXI	6:15-7:00am JIMI V's Bootcamp JIMI	6:15-7:00am BATTLE BOXING KIM		
9:30-10:30am TOTAL Training Bootcamp LINDA U		9:30-10:30am TOTAL Training Bootcamp LINDA U			8:00-9:00am TOTAL Training Bootcamp LINDA U	
7:15-8:00pm HIIT BOXING*** LEXI	7:15-8:00pm JIMI V's Bootcamp JIMI	7:15-7:45pm BEST OF Both Worlds LEXI	6:30-7:30pm PB Court TOTAL Training Bootcamp LINDA U			
YOGA STUDIO						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
ZOOM ONLY	ZOOM ONLY	ZOOM ONLY	ZOOM ONLY			
10:00-11:00am SLOW FLOW YOGA SUZY	10:00-11:00am YOGA THERAPEUTICS SUZY	10:00-11:00am ASHTANGA YOGA SUZY	10:00-11:00am YOGALATES SUZY	9:00-10:00am GENTLE YOGA CHARLES	11:00am-12:00pm HATHA YOGA ANN in Studio A	10:15-11:30am VINYASA CHARLES
6:30-7:45pm HATHA YOGA KAVITHA		6:45pm-8:00pm VINYASA YOGA AUTUMN		ZOOM ONLY 10:30-11:45AM STRONG FLOW YOGA SUZY		
POOL/POOL DECK						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
NEW TIME 7:00-8:00pm AQUA FITNESS DIANE	NEW DAY & TIME 9:30-10:30am AQUA FITNESS C.R.		NEW DAY & TIME 9:30-10:30am AQUA FITNESS C.R.			NEW TIME 9:30-10:30am AQUA FITNESS DIANE