

GROUP EXERCISE SCHEDULE ? Jan 2020

AM

MONDAY

BODYPUMP®
6:00 AM - 6:55 AM
Danielle S.

EXERCISE LITE
7:00 AM - 7:55 AM
Patty R.

AQUA FIT
8:00 AM - 8:45 AM
Susana

BARRE / STRENGTH
8:00 AM - 8:55 AM
Ellis L.

GENTLE YOGA
8:00 AM - 8:55 AM
Michelle S.

CARDIO BLAST
9:00 AM - 9:55 AM
Michelle S.

PILATES
9:00 AM - 9:30 AM
Ellis L.

AQUA INTERVAL/DEEP
9:00 AM - 9:50 AM
Bob W.

DANCE! LINE DANCING
10:00 AM - 11:00 AM
Cappie G.

AQUA INTERVAL/DEEP
10:00 AM - 10:50 AM
Christine S.

HIGH INTENSITY INTERVAL (HIIT)
10:00 AM - 11:00 AM

AQUA FIT
11:00 AM - 11:50 AM
Ellis L.

CHAIR YOGA/FOREVER FIT
11:00 AM - 11:55 AM
Christine S.

TUESDAY

CYCLING
6:00 AM - 6:55 AM
Bob W.

VINYASA YOGA
7:00 AM - 7:55 AM
David S.

HATHA YOGA
8:00 AM - 8:55 AM

TRX / HIIT
8:05 AM - 8:55 AM
Michelle G.

AQUA INTERVAL/DEEP
8:15 AM - 9:05 AM
Claire B.

EXTREME FIT
9:00 AM - 9:55 AM
Michelle G.

STEP
9:00 AM - 9:55 AM
Cappie G.

AQUA MIND BODY
9:15 AM - 10:05 AM
Claire B.

BALANCE/STRETCH
10:00 AM - 10:55 AM
STAFF

STRENGTH
10:00 AM - 10:55 AM
Cappie G.

FOAM ROLLER
11:00 AM - 11:45 AM
Valerie Z.

DANCE! SPIRIT GROOVE
11:15 AM - 12:10 PM
Melissa D.

GENTLE YOGA
11:45 AM - 12:30 PM
Valerie Z.

WEDNESDAY

STRENGTH
6:00 AM - 6:55 AM
Jo R.

STRETCH / STRENGTH
7:00 AM - 7:55 AM
David S.

ZUMBA
8:00 AM - 8:55 AM
Eileen M.

AQUA FIT
8:00 AM - 8:45 AM
Marion

BARRE
8:00 AM - 8:55 AM
Ellis L.

EXERCISE LITE (YAA)
9:00 AM - 9:55 AM
Claire B.

YOGA
9:00 AM - 10:00 AM

BODYPUMP®
9:00 AM - 9:55 AM
Stef B.

DEEP AQUA FIT
9:00 AM - 9:55 AM
Marion

GENTLE YOGA
10:00 AM - 10:55 AM
Christine S.

HIIT EXPRESS
10:00 AM - 10:25 AM
Tanya N.

CYCLING
10:05 AM - 11:00 AM
Chiara C.

CORE FIT
10:30 AM - 10:55 AM
Tanya N.

MEDITATION
11:00 AM - 11:45 AM
Christine S.

THURSDAY

CYCLING
6:00 AM - 6:55 AM
Bob W.

EXERCISE LITE
7:00 AM - 7:55 AM
Patty R.

GENTLE YOGA
8:00 AM - 8:55 AM
STAFF

TRX CIRCUIT
8:05 AM - 8:55 AM
Maggie P.

AQUA DEEP STRENGTH
8:15 AM - 9:00 AM
Claire B.

BARRE / YOGA
9:00 AM - 9:55 AM
Brittany R.

DANCE!
9:00 AM - 10:00 AM
Gail

STRENGTH
9:00 AM - 9:55 AM
Michelle G.

AQUA STRENGTH
9:15 AM - 10:05 AM
Claire B.

STROLLER JAM (FF)
9:30 AM - 10:30 AM
Maggie P.

HIGH INTENSITY INTERVAL (HIIT)
10:00 AM - 10:55 AM
Cappie G.

BALANCE/STRETCH
10:00 AM - 10:55 AM
Joy

PRESCHOOL YOGA
10:45 AM - 11:15 AM
Maggie P.

YOGA EXPRESS
11:00 AM - 11:25 AM
Cappie G.

FRIDAY

BODYCOMBAT
6:00 AM - 6:55 AM
Jessica E.

BODYPUMP®
6:00 AM - 6:55 AM

EXERCISE LITE
7:00 AM - 7:55 AM
Patty R.

CYCLING
8:00 AM - 8:50 AM
Chiara C.

AQUA FIT
8:00 AM - 8:55 AM
Michelle G.

GENTLE YOGA
8:00 AM - 8:55 AM
David S.

AQUA MIND BODY
9:00 AM - 9:50 AM
Christine S.

PILATES
9:00 AM - 9:55 AM
Michelle G.

ZUMBA STRONG
9:00 AM - 9:55 AM
Eileen M.

CARDIO BLAST
9:00 AM - 9:55 AM
Michelle S.

CARDIO DANCE
10:00 AM - 10:55 AM
Ellis L.

PRESCHOOL YOGA
10:15 AM - 10:50 AM
Christine S.

AQUA FIT
11:00 AM - 11:50 AM
Sallie

FOREVER FIT
11:00 AM - 11:55 AM
Christine S.

SATURDAY

AQUA JOGGING
7:00 AM - 7:55 AM
STAFF

CYCLING
7:15 AM - 8:10 AM
Bob W.

ZUMBA STRONG
8:00 AM - 8:55 AM
Eileen M.

BOOTCAMP
8:00 AM - 9:00 AM
STAFF

AQUA FIT
8:00 AM - 8:55 AM
STAFF

BODYPUMP®
8:30 AM - 9:25 AM
Kylee V.

AQUA INTERVAL
9:00 AM - 9:45 AM
STAFF

STEP
9:00 AM - 9:55 AM
Joanna M.

EXTREME FIT
9:30 AM - 10:25 AM
Kylee V.

VINYASA YOGA
10:00 AM - 10:55 AM
Sylvia C.

ZUMBA
10:30 AM - 11:25 AM
Ashley C.

CORE FIT
11:30 AM - 11:55 AM
Bryan R.

SUNDAY

TRX
7:30 AM - 8:20 AM
Sam D.

CYCLING
8:30 AM - 9:25 AM
Sam D.

YOGA
8:30 AM - 9:25 AM
Sara Sa.

HATHA YOGA
9:30 AM - 10:45 AM
David S.

BODYCOMBAT
9:30 AM - 10:25 AM
Jessica D.

MEDITATION
10:45 AM - 11:15 AM
David S.



GROUP EXERCISE SCHEDULE ? Jan 2020

AM

MONDAY

POWER YOGA
11:30 AM - 12:30 PM
STAFF

TUESDAY

WEDNESDAY

AQUA FIT
11:00 AM - 11:50 AM
Sallie

FOREVER FIT
11:10 AM - 12:05 PM
Ellis L.

THURSDAY

**DANCE! SPIRIT
GROOVE**
11:15 AM - 12:10 PM
STAFF

PILATES
11:30 AM - 12:25 PM
Jill G.

FRIDAY

SATURDAY

SUNDAY



GROUP EXERCISE SCHEDULE ? Jan 2020

PM

MONDAY

BODYPUMP®
12:00 PM - 12:55 PM
Chiara C.

POWER YOGA
3:30 PM - 4:45 PM
Melinda B.

STEP
4:30 PM - 5:25 PM
Joanna M.

BODYPUMP®
5:30 PM - 6:25 PM
Felicia Y.

BARRE
5:30 PM - 6:30 PM
Joanna M.

AQUA FIT
6:00 PM - 6:50 PM
Delia

CORE FIT
6:30 PM - 7:00 PM
Alex

ZUMBA
6:35 PM - 7:30 PM
Ashley C.

TUESDAY

BODYCOMBAT EXPRESS
12:30 PM - 1:00 PM
STAFF

TAI CHI - INTRO
1:00 PM - 2:00 PM
Marla M.

HIGH INTENSITY INTERVAL (HIIT)
4:30 PM - 5:25 PM
Maggie P.

BODYCOMBAT
5:30 PM - 6:25 PM
Jessica D.

CYCLING
5:35 PM - 6:25 PM
Gayle S.

YOGA/PILATES
6:00 PM - 6:50 PM
Maggie P.

BODYPUMP®
6:30 PM - 7:25 PM

RESTORATIVE YOGA
7:00 PM - 7:55 PM

WEDNESDAY

BODYPUMP®
12:05 PM - 1:00 PM
Stef B.

POWER YOGA
3:30 PM - 4:45 PM
Melinda B.

BODYPUMP®
5:30 PM - 6:25 PM
Gayle S.

AQUA FIT
6:00 PM - 6:45 PM
Delia

CORE FIT
6:30 PM - 7:00 PM
Alex

BARRE
6:30 PM - 7:25 PM
Jessica E.

ZUMBA
6:30 PM - 7:25 PM
Gennifer

THURSDAY

BODYCOMBAT
12:25 PM - 12:55 PM
STAFF

BALANCE/STRENGTH
1:00 PM - 1:55 PM

CYCLING
4:30 PM - 5:25 PM

POSTURE PERFORMANCE
5:00 PM - 5:30 PM
Alex

TRX / HIIT
5:30 PM - 6:25 PM
Justin H.

YOGA/PILATES FUSION
6:00 PM - 6:55 PM
Christine S.

CORE FIT
6:30 PM - 7:25 PM
STAFF

RESTORATIVE YOGA
7:00 PM - 7:55 PM
Christine S.

FRIDAY

HATHA YOGA
12:00 PM - 1:15 PM
Valerie Z.

BODYPUMP®
12:00 PM - 12:55 PM
Stef B.

ZUMBA
5:30 PM - 6:25 PM
Gennifer

POWER YOGA
5:45 PM - 7:00 PM
Melinda B.

BODYPUMP®
6:30 PM - 7:25 PM

SATURDAY

U JAM
12:00 PM - 12:55 PM
STAFF

SUNDAY

