

Monday

STUDIO 1	STUDIO 2	CYCLE	AQUA
5:30 - 6:30 Bootcamp Steve			
9:30 - 10:30 Cardio Step Janice	9:00 - 10:00 Cardio Lite Lillian		
10:30 - 11:30 LES MILLS BODYPUMP Joe	10:00 - 11:00 Arthritis Exercise Laura Vagie	9:15 - 10:15 Cycle Megan	9:00 - 10:00 H2O Blast (L) Paula
11:30-12:30 Zumba Gold Suzannah			10:00 - 11:00 Lite Splash (T) Paula
	12:30 - 1:30 Chair Yoga Nuntya		11:30 - 12:30 Arthritis Aqua Laura (T)
4:30 - 5:00 EXWORX Elisa			
5:00 - 6:00 LES MILLS BODYCOMBAT Chris	5:00 - 6:00 Vinyasa Yoga Nuntya	5:30 - 6:00 HIIT (CYCLE) Elisa	1:00 - 4:30 Physical (T)
6:00 - 7:00 LES MILLS BODYPUMP Matt			
7:00-7:45 ZUMBA Lucia/Debbie	7:00 - 8:00 Pilates Mat Kathy	6:30 - 7:30 Cycle Marijo	5:00-7:00 Swim Team (L)
7:45-8:15 PUMP 8:15-8:45ATTACK Reeshemah	8:15 - 9:15 Vinyasa Yoga Rosalee		

Wednesday

STUDIO 1	STUDIO 2	CYCLE	AQUA
5:30-6:30 H.E.A.T. Steve		5:30 - 6:15 Cycle Marijo/Megan	
8:30 - 9:30 Bootcamp Renee	9:00 - 10:30 Vinyasa Yoga Michelle	9:30 - 10:30 Cycle Renee	
9:30 - 10:30 ZUMBA Lucia	10:30 - 11:00 Stretch Deb/ Lucia		9:30 - 10:30 Aqua Mix (L) Matt
10:30 - 11:30 Cardio Lite Jenny	11:00-11:30 Pilates on the Deb/Lucia		10:30 - 11:30 Arthritis Aqua Matt
11:45 - 12:15 Heavy Bag Debbie	12:00-1:00 Tai Chi Arthritis Laura		
4:30 - 5:30 LES MILLS BODYPUMP Elisa	4:00-5:00 Yoga Lite Rosalee		1:00 - 4:30 Physical (T)
5:30 - 6:30 LES MILLS BODYCOMBAT Katie/Stephaine		5:00-6:00 CYCLE Lance	
6:30 - 7:00 GRIT Chris	6:15 - 7:15 Pilates on the Bar Debbie		5:00-7:00 Swim Team (L)
7:00 - 7:30 EXWORX Chris	7:15 - 8:15 Power Yoqa Sharon		
7:30-8:30 Broadway Dance Greta			

Friday

STUDIO 1	STUDIO 2	CYCLE	AQUA
5:30-6:30 Bootcamp Steve			
8:45 - 9:30 X-Treme Sculpt Jenny	8:30 - 9:30 Chair Yoga Janna		
9:30 - 10:30 LES MILLS BODYCOMBAT Joe	9:30 - 10:30 Vinyasa Yoga Nuntya	9:30 - 10:30 Cycle Marijo	9:30 - 10:30 H2O Blast (L) Paula
10:30 - 11:30 Yogalates Chara	10:30 - 11:30 Arthritis Exercise Nuntya		10:30 - 11:30 Lite Splash (T) Paula
11:30-12:30 Line Dancing Sari			
12:30 - 1:30 Latin Soul Greta			
			5:00-7:00 Swim Team (L)
5:00 - 6:00 LES MILLS BODYPUMP Lauren	5:00 - 6:00 Zumba Jenna		
	6:00 - 7:00 Hatha Yoga Sharon		

New Class New Time Instructor Change Special Class

Tuesday

STUDIO 1	STUDIO 2	CYCLE	AQUA
5:30-6:30 HIIT Lisa			5:30-6:30 Master Swim (L)
9:15-10:00 STRONG ZUMBA Debbie/Lucia	8:30 - 9:30 Yogalates Nuntya	9:30-10:30 Cycle Marijo	9:00 - 10:00 H2O Blast (L) Matt B
10:00 - 10:30 LES MILLS EXWORX Debbie			10:00 - 11:00 Lite Splash (T) Matt B
10:30 - 11:30 Get Active Suzannah	10:30-11:30 Chair Yoga Nuntya		
11:30 - 12:00 Pilates Mat Suzannah			
4:00 - 5:00 Nia Lori Lynn			5:15 - 6:00 (L) Aqua Fusion Joan
5:00-6:00 Cardio Dance Sari			6:00 - 7:00 Aqua Pilates (T) Barbara
6:00-7:00 X-Treme Sculpt Suzannah	6:00 - 7:00 Pilates Mat Nuntya	7:00-8:00 Power & Pedal Lisa L	
7:00-7:30 PUMP 7:30-8:00 ATTACK Lauren			6:00-7:00 Competitive Stroke (L)
8:00-9:00 Dance Factory Jon			

Thursday

STUDIO 1	STUDIO 2	CYCLE	AQUA
5:45 - 6:45 LES MILLS BODYPUMP Jodi	5:30-6:30 Grit/Met Con 30 Lance		
8:45 - 9:15 GRIT Joe	8:00-8:45 Chair Fitness Stephanie		9:00-10:00 H2O Blast (L) Stephanie
9:25 - 10:25am LES MILLS BODYPUMP Joe	9:30-10:30 LES MILLS BODYCOMBAT Katie		10:00-10:30 (L) ZUMBA Debbie
10:30-11:00 Foam Roller Stretch w/ Ed			10:30 - 11:30 Aqua Pilates (T) Laura
11:05-12:05 Get Active Lillian	10:30 - 11:30 Pilates Mat Kathy		11:30-12:30 Healthy Backs (T) Laura
4:30-5:30 Stability Ball Mix Linda	1:00-2:00 Arthritis Exercise Laura		
5:30-6:30 ZUMBA Debbie/Lucia	5:30 - 6:30 PIYO Chris		1:00 - 4:30 Physical Therapy (T)
6:30-7:30 P90X Ed		6:00-7:00pm CYCLE Megan	
7:30 - 8:30 LES MILLS BODYPUMP Matt	7:30 - 8:30 Bollywood Leanne		5:00-7:00 Swim Team (L)
	8:30-9:30 Vinyasa Yoga Karen		

Saturday

STUDIO 1	STUDIO 2	CYCLE	AQUA
	8:30 - 9:15 Wilpower Tara	8:00-9:00 Cycle Marcia	7:00-8:00 Master Swim (L)
7:45 - 8:45 PUMP/ATTACK Lauren	9:15 - 10:00 Pilates Mat Tara	9:15 - 10:15 Cycle Tom	8:00-9:00 Swim Team (L)
8:45 - 9:45 Step N Sculpt Lisa	10:00 - 11:00 Power Yoga Rosalee		9:00 - 10:00 H2O Blast (L) Cathy
9:45 - 10:30 ZUMBA Jenna			10:00-11:00 Lite Splash (T) Lisa
10:30 - 11:30 LES MILLS BODYPUMP Reeshemah	11:30-12:00 Foam Roller Stretch w/ Ed		10:00-11:00 Competitive Stroke (L)
11:30 - 12:30 Dance Fusion Leanne	12:30-1:00 Heavy Bag Ed		
8:00 - 9:00 LES MILLS BODYPUMP Matt	8:00 - 9:00 Hatha Yoga Sharon		9:00 - 9:30 Parent & Me (T)
9:15 - 10:15 ZUMBA Sentao-June 25th	9:00-10:00 Dance Factory Greta	8:15 - 9:15 Cycle Stanley	10:00 - 10:30 Parent & Me (T)
10:15 - 11:15 LES MILLS BODYCOMBAT Natalie	10:00-10:30 Stretch Greta	9:30 - 10:30 Cycle Marijo	9:30 - 10:30 Aqua Mix (L) Lori
	10:30 - 11:30 Yogalates Sharon		

Sunday

Group Fitness Schedule June, 2017