

GROUP EXERCISE SCHEDULE

Classes will run Aug. 9th-Sep. 30th

Updated on 8/26

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5:45 AM		Extended Time Indoor Cycling-B 5:45-7am John Y		Extended Time Indoor Cycling-B 5:45-7am John Y	
6:00AM	NEW CLASS <small>Low</small> Impact Aerobics-B 6:00-6:45am Karen		Total Body Workout-B 6:00-6:45am Bridget		Total Body Workout-A 6:00-7:00am Bridget
7:00 AM				Core/Stretch-A 7:00-8:00am Aaron	
11:30 AM	Hatha Yoga-A 11:30-12:15pm Indira	Pilates-A 11:30-12:15pm Aaron	Zumba Trial class Time 9/1	Pilates-A 11:30-12:15pm Aaron	Hatha Yoga-A 11:30-12:15pm Dave
11:30 PM	Boot Camp-B 11:30-12:30pm Justin	Spin-B 11:30-12:15pm Bridget	Crosstraining-B 11:30-12:30pm Bridget	Spin-B 11:30-12:15pm Bridget	Boot Camp-B 11:30-12:30pm Darnell
12:30 PM	Power Yoga-A 12:30-1:15pm Indira	Core (Target Workout)-A 12:30-1:15pm Aaron	Vinyasa Yoga-A 12:15-1:15pm Sharron	Core (Target Workout)-A 12:30-1:15pm Aaron	Power Yoga-A 12:30-1:15pm Dave
12:30 PM		Express Workout 15 Minute Abs -B 12:30-12:45 Bridget	*Boxing-B 4 Sessions per month Justin \$60	Total Body Workout-B 12:30-1:15pm Bridget (15min Abs 1230-1245)	
12:45PM	Zumba Trial Class Time 8/30	Express Workout Total Body Strength-B 12:45 1:15pm Bridget			
4:00 PM				*Ashtanga Yoga-A 4:00-5:00pm Sharron \$50/7 wks	
4:30 PM		Total Body Workout-B 4:30-5:30pm Kelly		Total Body Workout-B 4:30-5:30pm Kelly	
5:00 PM					
5:15 PM 5:20PM	Spin-B 5:30-6:30 Terri (Starts Sept. 13th)	Vinyasa Yoga-A 5:20-6:20pm Sharron	Core/Pilates-A 5:15-5:45pm Aaron	Hatha Yoga-A 5:20-6:20pm Sharron	
5:30 PM	*Boxing-A 4 sessions per month Justin \$60	Boot Camp-B 5:30-6:30pm Darnell	Spin-B 5:30-6:30 Terri	Boot Camp-B 5:30-6:30pm Justin	
6:00 PM			Pilates Strength-A 6:00-7:00pm Aaron		
6:30 PM		Hatha Yoga-A 6:30-7:30pm Sharron		Vinyasa Yoga-A 6:30-7:30pm Sharron	

Stop By The Front Desk To Learn About Zumba Starting In September!!