



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GROUP EXERCISE SCHEDULE

Winter 2019: Schedule effective February 1, 2019 and subject to change

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Please register for classes at the Membership Desk each month.	6:00-6:45 a.m. Group Cycle B – David	5:45-6:45 a.m. BODYPUMP® A – Jamie	6:00-6:45 a.m. Group Cycle B – Judy	5:45-6:45 a.m. BODYPUMP® A – Jamie	6:00-6:45 a.m. Group Cycle B – David	
Key to room usage: A – Studio A B – Studio B C – Studio C WC – Wellness Center	9:15-10:00 a.m. POUND® A – Meghan	9:00-10:00 a.m. Mat Pilates C – Tara	9:00-10:00 a.m. R.I.P.P.E.D. A – Erika	9:00-10:00 a.m. Mat Pilates C – Tara	9:15-10:00 a.m. POUND® A – Jamie	8:30-9:30 a.m. BODYPUMP® A – Wellness Staff
	9:15-10:00 a.m. Group Cycle B – Heather	9:15-10:15 a.m. BODYPUMP® A – Alisha	9:15-10:00 a.m. Group Cycle B – Eleesa	9:15-10:15 a.m. Kid Yoga – ages 3-6 B – Amy	9:15-10:00 a.m. Group Cycle B – Heather	9:30-10:15 a.m. POUND/ZUMBA B – Wellness Staff
	10:10-11:10 a.m. Enhance®Fitness A – Wellness Staff	10:15-11:15 a.m. Yoga Gentle Flow B – Amy	10:10-11:10 a.m. Enhance®Fitness A – Meghan	10:15-11:15 a.m. Yoga Gentle Flow B – Amy	10:10-11:10 a.m. Enhance®Fitness A – Lisa	9:30-10:15 a.m. Yoga Gentle Flow B – Wellness Staff
<i>*All classes are for ages 11 and up. A 10-year-old may attend IF the parent takes the class with them.</i>		10:30-11:00 a.m. BOOM®Move It A – Morgan		10:30-11:00 a.m. BOOM®Mind A – Morgan	10:15-11:15 a.m. Yoga Gentle Flow B – Alan	10:30-11:15 a.m. Family Fitness* B – Wellness Staff
	11:15-12:00 p.m. SilverSneakers® Yoga B – Wellness Staff	11:15-12:00 p.m. SilverSneakers® Circuit A – Heather	11:15-12:00 p.m. SilverSneakers® Yoga B – Meghan	11:15-12:00 p.m. SilverSneakers® Circuit A – Lisa	11:15-12:00 p.m. SilverSneakers® Yoga B – Dolly	*Held the first Saturday of every month! HIIT, POUND, YOGA, etc
Please follow safety guidelines for Wellness classes:	12:10-12:50 pm *opt 1:00PM ext class BODYPUMP®EXPRESS A – Paige	12:10-12:50 p.m. *opt 1:00PM ext class Yoga Power Flow A – Cori	12:10-12:50 p.m. *opt 1:00PM ext class BODYPUMP®EXPRESS A – Cori	12:10-12:50 p.m. *opt 1:00PM ext class Yoga Power Flow A – Amy/Evy	12:10-12:50 p.m. *opt 1:00PM ext class BODYPUMP®EXPRESS A – Alisha	
*Bring a water bottle *Pass on class if you are more than 5 minutes late because warm-up is over *Don't leave class in the middle without giving the "thumbs up" to the instructor		12:15-1:00 p.m. Indoor Cycle for the Outdoor Cyclist B - Craig		12:15-1:00 p.m. Indoor Cycle for the Outdoor Cyclist B - Craig		
	5:30-6:30 p.m. BODYPUMP® A – Michelle	5:30-6:15 p.m. Group Cycle B – Jess	5:30-6:30 p.m. BODYPUMP® A – Paige	5:30-6:30 p.m. Group Cycle B – Judy		
	5:30-6:30 p.m. Fit Fun Kids Ages 5-10 B – Consuelo	5:30-6:30 p.m. Youth WC Program Ages 11-13 WC – Neal	5:30-6:30 p.m. Fit Fun Kids Ages 5-10 B – Azka	5:30-6:30 p.m. Youth WC Program Ages 11-13 WC – Neal	5:30-6:30 p.m. Fit Fun Kids Ages 5-10 B – Azka	
	6:30-7:00 p.m. BODYBLAST HIIT A – Michelle	6:30-7:30 pm Yoga Gentle Flow B – Ashlee	6:30-7:00 p.m. BODYBLAST HIIT A – Paige	6:30-7:30 p.m. Yoga Gentle Flow B – Leah		
		6:30-9:00 p.m. Fencing A – Kim			6:30-9:00 p.m. Fencing A – Kim	
		6:30-7:30 p.m. Youth FUNctional Fitness Ages 8-11 WC – Neal		6:30-7:30 p.m. Youth FUNctional Fitness Ages 8-11 WC – Neal		