

FITNESS CLASS SCHEDULE

Effective February 8th

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Spinning 6-7am PHOEBE	Spinning 6-7am ROY	Spinning 6-7am MARY	Spinning 6-7am CHRISTINE	Spinning 6-7am VARIES	Spinning 7:45-8:45am JOANNE	
Interval (AR) 8-9am EILEEN	Step & Sculpt (AR) 8-9am SHANNON	Boot Camp (AR)5:45-6:45am CATHY G.	Yoga (PR1) 6-6:45 am CATHY	Boot Camp (AR)5:45-6:30am SHANNON	Zumba (G1)8-9am VARIES	
Healing Yoga (PR1) 8-9am LUDMILLA	Spinning 8-9am SIOBHAN	Hatha Yoga (PR1) 8-9am CATHY G.	Spinning 8-9AM SIOBHAN		Power Yoga (PR1) 9-10am Lisa	Spinning 8:15-9:15 AM SIOBHAN
Hatha Yoga (PR1) 9:15-10:15am CATHY G.	Hatha Yoga (PR1) 8-9am CATIE	Hatha Yoga (PR1) 9:15-10:15am GLORIA	Tone (AR)8-9am LEIGH	Yoga for Flexibility (PR1) 8-9am JEANNIE	LISA M. 9-10 am PAMELA T.	Hatha Yoga (PR1) 8:45-10am GLORIA
Cardio Blast (AR) 9:15-10:15am LEIGH	Aerobics (PR1) 9:15-10am EILEEN	Bootcamp (G2) 9:15-10:15am SHANNON	Zumba (G1) 9:15-10:15am MISSY/JEANNIE		Spinning 10:15-11:15am PAM K	Tone (AR) 8:45-9:45am KOREEN/ANGELICA
Zumba (G1) 9:15-10:15am JEANNIE	Cardio, Kick, Jab (AR) 9:15-10:15am TRACEY	Spinning 9:15-10:15am LAURA	Aerobics (PR2) 9:15-10am EILEEN	Hatha Yoga (PR1) 9:15-10:15am MARY	Multi-Mix (AR) 9-10am VARIES	Cardio Mix (AR)9:45-10:30am KOREEN/ANGELICA
Spinning 9:15-10:15am JENNIFER	Spinning 9:15-10:15am MARY	Step & Abs (AR) 9:15-10:15am LEIGH	Cardio, Kick, & Jab (AR) 9:15-10:15am MARY	Interval (AR) 9:15-10:15am JEANNIE	Upper Cuts & Abs (AR)10-10:30am VARIES	
Pilates Ess. (PR1) 10:15-11:15am CARA	Zumba (G1) 9:15-10:15am MISSY	Tone (AR) 10:15-11:15am EILEEN	Spinning 9:15-10:15am CATHY G.	Spinning 9:15-10:15am PAM K.		
Core (AR) 10:15-10:45am LEIGH	Upper Cuts & Abs (AR) 10:15-10:45am SHANNON	Core (G2) 10:15-10:45am LEIGH	Pilates Ess. (PR1) 9-10am JOY	Tone (AR) 10:15-11:15am MARY		
Senior Chair Exer. (PR1) 11:15-12 pm LISA	Below the Belt (AR) 10:45-11:15am SHANNON	Belly Dancing (PR1) 10:15-11:15am LORIN	Pilates Plus (PR1)10-11am JOY	Senior Training (AR) 11:15-12pm JANE		
Stretch & Flex (AR) 12:15-1pm EILEEN	Chair Yoga (PR1) 11:15-12pm GLORIA	Senior Training (AR) 11:15-12pm JANE	Tone (AR) 10:15-11:15am SHANNON	Stretch & Flex (AR) 12-12:45pm EILEEN		
Gentle Aerobics (AR) 1-1:30pm EILEEN	Spin Express 12:30-1:15pm CATHY G.	Gentle Aerobics (AR) 12-12:30pm EILEEN	Tai Chi (PR1) 11:15-12pm CATHY G.			
	Zumba Gold (AR) 12:15-1pm MISSY		Senior Chair Exer. (PR1) 12:15-1pm SHANNON			
			Spin Express 12:30-1:15pm DON			
			Hatha Yoga (PR7) 5:30-6:30pm GLORIA			
		Zumba (G1) 6:30-7:30pm CAROLA	Zumba Tone (G1) 6:30-7:30pm MISSY			
Zumba (G1) 6:30-7:30pm BROOKLYNN	Vinyasa Yoga (PR5) 5:30-6:30pm CATIE	Beginning Yoga (PR7) 6:30-7:30pm GLORIA	Belly Dancing (PR1) 7-8pm LORIN	Zumba (AR)6-6:45pm VARIES		
Turbo Kick (AR) 6:30-7:30pm MARISA	Cardio Sculpt (AR) 7-8pm REBECCA	Pilates Essentials (PR5) 7:30-8:30pm GIOVANNA	Cardio, Kick, & Jab (AR) 6:30-7:30pm BECKY	Vinyasa Yoga (PR1) 6:30-7:30pm CATIE		
Yolates (PR5) 7-8m Jana	Spinning 7:30-8:30pm SHARON	Bootcamp (AR) 7:15-8:15pm ANGELICA	Spinning 6:30-7:30pm PAMELA T.	AR- Aerobic Room - Main Floor PR 1-5- Program Rooms Lower Level G- Gymnasium 1 & 2 Main Floor Spinning Classes held on the Main Floor Please note all hour classes are 50 min of movement with 5 min set up and 5 min break down time.		
Tone (AR) 7:30-8:30pm KOREEN/REBECCA	Pilates Essentials (PR1) 7-8 pm JANA	Hatha Yoga (PR1) 7:30-8:30pm GLORIA	Tone (AR) 7:30-8:30pm PAMELA T.			
Spinning 7:30-8:30pm RAY	Pilates Plus Props (PR1) 8-9pm JANA	Spinning 7:30-8:30pm RAY	Hatha Yoga (PR1) 8-9pm EILEEN R.			

Schedule subject to change

