

Fall 2017 Group Exercise Schedule
October 9th, 2017 - December 31, 2017

CLASS TIMES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:15 am - 8:30 am Block	5:45am - 6:30 am Spinning w/Deb	5:15 am - 6:00 am Spinning w/Nancy	5:45 am - 6:30 am Spinning w/Deb	5:15 am - 6:00 am Spinning w/Emily	5:45 am - 6:30 am Spinning w/Deb	**7:15 am - 8:30 am Spin & Sculpt w/Deb	7:30 am - 8:30 am Spinning w/Emily
	6:00 am - 7:00 am Bootcamp w/Ali (gym)	6:00 am - 7:00 am Kickbox Bootcamp Blast w/Melissa	6:00 am - 7:00 am Bootcamp w/Ellen (gym)	6:00 am - 7:00 am HIIT - all levels w/Meghan	6:00 am - 7:00 am Bootcamp - Tabata GX w/Kate (gym)	**8:30 am - 9:30 am Cardio Kickbox Blast Blast w/Kate	
	6:45 - 7:30 am Grp. Strength w/Deb	7:30 am - 8:30 am Spinning w/Chris S.	6:45 am - 7:30 am Grp. Strength w/Deb		6:45 am - 7:30 am Grp. Strength w/Deb	8:45 am - 9:45 am Bootcamp w/Melissa (gym)	
					7:30 am - 8:25 am Spinning w/ Chris S.		
9:00 am - 1:00 pm Block	9:00 am - 10:00 am Bootcamp w/Ellen (gym)	9:00 am - 10:00 am 20X3 w/Deanna	8:30 am - 9:30 am Body Defined	9:00 am - 10:00 am HIIT - all levels w/Ali (gym)	8:30 am - 9:30 am HIIT - All Levels w/Mel	9:40 am - 9:55 am 15 Min. Ab Blast Xpress w/Kate (FTR)	9:00 am - 9:30 am Bosu Express w/Kate
	**9:00 am - 10:00 am Body Defined w/Kate	9:00 am - 10:00 am Barre w/Meghan	9:00 am - 10:00 am Bootcamp w/Ellen (gym)	**9:00 am - 10:00 am Cardio Kickbox Blast w/Deanna	9:00 am - 10:00 am Bootcamp - Tabata GX w/Kate (gym)	9:45 am - 10:45 am ZUMBA w/Ginny/Meghan	9:45 am - 10:45 am Body Defined w/Kate (gym)
	10:15 am-11:15 am Pilates Basic Mat w/Kate	10:15 am - 11:00 am Lo Impact Aerobics w/Kate (gym)	10:00 am - 11:00 am ZUMBA w/Meghan	10:00 am - 11:00 am 15 Min. Ab Blast Express w/Deanna	9:45 am - 10:45 am Yoga - all levels Vinyasa w/Mel		12:00 pm - 1:00 pm Yoga w/ Inglis
	10:15 am-11:00 am Silver Sneakers	11:15 am - 12:00 pm Silver Sneakers	**9:45 am - 10:45 am Yoga - All levels Ashtanga w/Pratima (FTR)	10:15 am - 11:15 am Barre w/Meghan	10:15 - 11:00 LIFT w/Kate (gym)		
	Circuit w/Mary (gym)	1:00 pm - 2:30 pm Hope is Power I w/ Lisa and Linda (FTR)		10:15 am - 11:00 am Lo Impact Aerobics w/Melissa (gym)			
				11:15 am - 12:00 pm Mommy & Me w/Melissa			
				11:15 - 12:00 pm Silver Sneakers w/Anne (gym)			
				1:00 pm - 2:30 pm Hope is Power I w/ Lisa and Linda (FTR)			
2:30 pm - 7:30 pm Block	**5:00 pm - 5:15 pm Intro to Spinning w/Nancy	6:00 pm - 7:00 pm 20X3 w/Kate (Gym)	5:00 pm - 6:00 pm Interval Ride w/Emily	2:30 - 3:30 pm Hope is Power II w/Lisa & Linda (FTR)	5:00 pm - 6:00 pm Spinning w/Chris	4:00 pm - 5:00 pm Yoga w/Chris K.	
	**5:15 - 6:00 pm Spinning w/Nancy	6:30 pm - 8:00 pm Intermediate Pilates and Sculpt w/Dale	5:00 pm - 6:00 pm Yoga - Ashtanga All Levels w/Pratima	6:00 pm - 7:00 pm ZUMBA Toning w/Ginny			
	6:00 pm - 7:00 pm ZUMBA Toning w/Ginny	7:00 pm - 8:00 pm Yoga w/Chris K. (gym)	6:00 - 7:00 pm Locomotion w/Melissa	6:00 pm - 7:00 pm Bootcamp w/Joey (gym)			
	7:00 pm - 8:00 pm Cardio Kickbox Blast w/Deanna		7:00 pm - 7:30 pm HIIT IT - Cardio Express w/Melissa	6:30pm - 7:30 pm Pilates Basic Mat Fusion w/Kate (FTR)			
				7:00 pm - 7:45 pm Spinning w/Joey			

All classes are drop in unless noted below and held in the Wellness Room unless otherwise noted above. FTR (Functional Training Room) is located downstairs next to the fitness center
****THIS IS A TICKETED CLASS. NO ONE WILL BE ADMITTED WITHOUT A TICKET. TICKETS ARE FIRST COME FIRST SERVE ONLY AND CAN BE PICKED UP AT FRONT DESK ON DAY OF CLASS ONLY!!!**
PLEASE HAND TICKET TO INSTRUCTOR AS YOU ENTER THE CLASS. THANK YOU.