

Spring 2017 Group Exercise Schedule

May 29, 2017 - September 3, 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 Hi Intensity Intervals 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 - 8:15 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 Hi/lo Intervals	8:30 am - 9:30 am Body Defined	9:00 am - 10:00 am Hi/Lo Intervals	8:30 am - 9:30 am High Intensity Intervals w/Mel	9:30 am - 9:45 am 15 Min. Ab Blast Xpress w/Kate	9:00 am - 9:30 am Bosu Express w/Kate
	**9:00 am - 10:00 am Body Defined w/Kate	w/Joey (gym)	w/Cindy	w/Michelle (gym)			9:45 am - 10:45 am Body Defined w/Kate (gym)
	10:15 am-11:15 am Pilates Basic Mat 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 Family ZUMBA W/ John	12:00 pm - 1:00 pm Yoga w/ Inglis
	10:15 am-11:00 am Silver Sneakers	10:15 am - 11:00 am Lo Impact Aerobics w/Kate (gym)	10:00 am - 11:00 am ZUMBA w/Meghan	10:00 am - 10:15 am 15 Min. Ab Blast Express w/Deanna (gym)	9:45 am - 10:45 am Yoga - all levels Vinyasa w/Mel		
	Circuit w/Mary (gym)	11:15 am - 12:00 pm Silver Sneakers Classic w/Anne (gym)	**9:45 am - 10:45 am Yoga - All levels Vinyasa w/Cindy (FTR)	10:15 am - 11:15 am Barre w/Meghan			
		12:15 pm - 1:00 pm Bootcamp w/ Ronnie (FTR)		10:15 am - 11:00 am Lo Impact Aerobics w/Melissa (gym)			
		1:00 pm - 2:30 pm Hope is Power I w/ Lisa and Linda (FTR)		11:00 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)	4:00 pm - 5 pm Weightlifting 101 w/Chris (gym)	2:30 - 3:30 pm Hope is Power II w/Lisa & Linda (FTR)	5:15 pm - 6:00 pm Spinning w/Ronnie	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 Interval Ride w/Emily	5:45 pm - 6:45 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)	5:00 pm - 6:00 pm Yoga w/Pratima (FTR)	6:00 pm - 7:00 pm Bootcamp w/Ronnie (gym)			
	7:00 pm - 8:00 pm Cardio Kickbox Blast w/Deanna		6:00 - 6:45 pm Locomotion w/Melissa	6:30pm - 7:30 pm Pilates Basic Mat Fusion w/Kate (FTR)			
			6:45 pm - 7:30 pm Barre Sport w/Cindy	6:45pm - 7:30 pm Spinning w/Joey			
				7:30 pm - 8:30 pm ZUMBA w/John			

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.