

Early Spring Group Exercise Schedule

March 26th, 2018 - April 22, 2018

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	**8:00 am - 9:00 am Strength Train Together - Power w/Kate (gym)
	6:45 - 7:30 am Grp. Strength w/Deb	7:30 am - 8:30 am Spinning w/Chris S.	**6:45 am - 7:30am Strength Train Together - Power 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 Strength Train Together - Power w/Deanna (gym)	8:30 am - 9:30 am Body Defined w/Mel	**9:00 am - 10:00 am Strength Train Together - Power 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/Melissa	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	**9:30 am - 10:00 am Urban Rebounding Express w/Kate
	10:15 am-11:15 am Pilates Basic Mat w/Kate	10:15 am - 11:00 am Lo Impact Aerobics w/Kate (gym)	**9:45 am - 10:45 am Yoga - All levels Vinyassa w/Mel (FTR)	10:00 am - 10:15 am 15 Min. Ab Blast Express w/Deanna	9:45 am - 10:45 am Yoga - all levels Vinyasa w/Mel		**10:15 am - 11:15 am Strength Train Together - Power w/Chris (gym)
	10:15 am-11:00 am Silver Sneakers Circuit w/Mary (gym)	11:15 am - 12:00 pm Silver Sneakers Classic w/Mary (gym)		10:15 am - 11:15 am Barre w/Kate	10:15 - 11:00 LIFT w/Mary (gym)		12:00 pm - 1:00 pm Yoga w/ Inglis
		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/Kate (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 - All Levels Vinyassa w/Nancy (FTR)	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 Strength Train Together - Power 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.