

# Early Spring Group Exercise Schedule

April 22, 2018 - June 3, 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>5:45am - 6:30 am</b> Spinning w/Deb	<b>5:15 am - 6:00 am</b> Spinning w/Nancy	<b>5:45 am - 6:30 am</b> Spinning w/Deb	<b>5:15 am - 6:00 am</b> Spinning w/Emily	<b>5:45 am - 6:30 am</b> Spinning w/Deb	<b>**7:15 am - 8:30 am</b> Spin & Sculpt w/Deb	<b>7:30 am - 8:30 am</b> Spinning w/Emily
<b>6:00 am - 7:00 am</b> Bootcamp w/Ali (gym)	<b>6:00 am - 7:00 am</b> Kickbox Bootcamp Blast w/Melissa	<b>6:00 am - 7:00 am</b> Bootcamp w/Ellen (gym)	<b>6:00 am - 7:00 am</b> HIIT - all levels w/Meghan	<b>6:00 am - 7:00 am</b> 20x3 w/Kate (gym)	<b>**8:30 am - 9:30 am</b> Cardio Kickbox Blast w/Kate	<b>**8:00 am - 9:00 am</b> Strength Train Together w/Kate (gym)
<b>6:45 - 7:30 am</b> Grp. Strength w/Deb	<b>7:30 am - 8:45 am</b> Spin and Strength Train Together w/Chris S.	<b>**6:45 am - 7:30am</b> Strength Train Together w/Deb		<b>6:45 am - 7:30 am</b> Grp. Strength w/Deb	<b>8:45 am - 9:45 am</b> Bootcamp w/Melissa (gym)	
				<b>7:30 am - 8:25 am</b> Spinning w/ Chris S.		
<b>9:00 am - 10:00 am</b> Bootcamp w/Ellen (gym)	<b>**9:00 am - 10:00 am</b> Strength Train Together w/Deanna (gym)	<b>8:30 am - 9:30 am</b> Body Defined w/Mel	<b>**9:00 am - 10:00 am</b> Strength Train Together w/Ali (gym)	<b>8:30 am - 9:30 am</b> HIIT - All Levels w/Mel	<b>9:40 am - 9:55 am</b> 15 Min. Ab Blast Xpress w/Kate (FTR)	<b>9:00 am - 9:30 am</b> Bosu Express w/Kate
<b>**9:00 am - 10:00 am</b> Body Defined w/Kate	<b>9:00 am - 10:00 am</b> Barre w/Melissa	<b>9:00 am - 10:00 am</b> Bootcamp w/Ellen (gym)	<b>**9:00 am - 10:00 am</b> Cardio Kickbox Blast w/Deanna	<b>9:00 am - 10:00 am</b> 20x3 w/Kate (gym)	<b>9:45 am - 10:45 am</b> ZUMBA w/Ginny	<b>**9:30 am - 10:00 am</b> Urban Rebounding Express w/Kate
<b>10:15 am-11:15 am</b> Pilates Basic Mat w/Kate	<b>10:15 am - 11:00 am</b> Lo Impact Aerobics w/Kate (gym)	<b>**9:45 am - 10:45 am</b> Yoga - All levels Vinyassa w/Mel (FTR)	<b>10:00 am - 10:15 am</b> 15 Min. Ab Blast Express w/Deanna	<b>9:45 am - 10:45 am</b> Yoga - all levels Vinyasa w/Mel		<b>**10:15 am - 11:15 am</b> Strength Train Together w/Chris (gym)
<b>10:15 am-11:00 am</b> Silver Sneakers Circuit w/Mary (gym)	<b>10:15 am - 11:00 am</b> Intro to Yoga w/Mel		<b>10:15 am - 11:15 am</b> Barre w/Kate	<b>10:15 - 11:00</b> LIFT w/Mary (gym)		<b>12:00 pm - 1:00 pm</b> Yoga w/ Inglis
	<b>11:15 am - 12:00 pm</b> Silver Sneakers Classic w/Anne (gym)		<b>10:15 am - 11:00 am</b> Lo Impact Aerobics w/Melissa (gym)			
	<b>1:00 pm - 2:30 pm</b> Hope is Power I w/ Lisa and Linda (FTR)		<b>11:15 am - 12:00 pm</b> Mommy & Me w/Melissa			
			<b>11:15 - 12:00 pm</b> Silver Sneakers/Posture & Balance w/Kate (gym)			
			<b>1:00 pm - 2:30 pm</b> Hope is Power I w/ Lisa and Linda (FTR)			
<b>**5:00 pm - 5:15 pm</b> Intro to Spinning w/Nancy	<b>6:00 pm - 7:00 pm</b> 20X3 w/Kate (Gym)	<b>5:00 pm - 6:00 pm</b> Interval Ride w/Emily	<b>2:30 - 3:30 pm</b> Hope is Power II w/Lisa & Linda (FTR)	<b>5:00 pm - 6:00 pm</b> Spinning w/Chris	<b>4:00 pm - 5:00 pm</b> Yoga w/Chris K.	
<b>**5:15 - 6:00 pm</b> Spinning w/Nancy	<b>6:30 pm - 8:00 pm</b> Intermediate Pilates and Sculpt w/Dale	<b>5:00 pm - 6:00 pm</b> Yoga - All Levels Vinyassa w/Nancy (FTR)	<b>6:00 pm - 7:00 pm</b> ZUMBA Toning w/Ginny			
<b>6:00 pm - 7:00 pm</b> ZUMBA Toning w/Ginny	<b>7:00 pm - 8:00 pm</b> Yoga w/Chris K. (gym)	<b>6:00 - 7:00 pm</b> Locomotion - w/Melissa	<b>6:00 pm - 7:00 pm</b> Bootcamp w/Joey (gym)			
<b>**7:00 pm - 8:00 pm</b> Cardio Kickbox Blast w/Deanna		<b>**7:00 pm - 8:00 pm</b> Strength Train Together w/Melissa	<b>6:00pm - 7:00 pm</b> Pilates Basic Mat Fusion w/Kate (FTR)			
			<b>7:00 pm - 7:45 pm</b> 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.