

Early Spring Group Exercise Schedule

May 21, 2018 - June 3, 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
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 - 6:30 am Strength Train Together Express w/Deanna	6:00 am - 7:00 am 20x3 w/Kate (gym)	**8:30 am - 9:30 am Cardio Kickbox Blast Blast w/Kate	**8:00 am - 9:00 am Strength Train Together w/Kate (gym)
6:45 - 7:30 am Grp. Strength w/Deb	7:30 am - 8:15 am Spinning w/Chris	**6:45 am - 7:30am Strength Train Together w/Deb	6:30 am - 7:00 am HIIT - Cardio Express w/Deanna	6:45 am - 7:30 am Grp. Strength w/Deb	8:45 am - 9:45 am Bootcamp w/Melissa (gym)	
	8:15 am - 8:45 am Strength Train Together Express w/Chris			7:30 am - 8:25 am Spinning w/Chris S.		
9:00 am - 10:00 am Bootcamp w/Ellen (gym)	**9:00 am - 10:00 am Strength Train Together w/Deanna (gym)	8:30 am - 9:30 am Body Defined w/Mel	**9:00 am - 10:00 am Strength Train Together 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 Urban Rebounding 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 20x3 w/Kate (gym)	9:45 am - 10:45 am ZUMBA w/Ginny	9:30 am - 10:00 am Bosu 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 Ashtanga w/Pratima	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		12:00 pm - 1:00 pm Yoga w/ Inglis
10:15 am-11:00 am Silver Sneakers Circuit w/Mary (gym)	10:15 am - 11:00 am Intro to Yoga w/Mel		10:15 am - 11:15 am Barre w/Kate	10:15 - 11:00 LIFT w/Mary (gym)		
	11:15 am - 12:00 pm Silver Sneakers Classic w/Anne (gym)		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)		11:15 am - 12:00 pm Mommy & Me w/Melissa			
			11:15 - 12:00 pm Silver Sneakers/Posture & Balance w/Kate (gym)			
			1:00 pm - 2:30 pm Hope is Power I w/ Lisa and Linda (FTR)			
**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 Ashtanga w/Pratima (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 - 8:00 pm Strength Train Together w/Melissa	6:15 pm - 7:15 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.