

2018 Fall Group Exercise Schedule

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 Bootcamp w/Nancy (gym)	**8:30 am - 9:30 am Cardio Kickbox Blast Blast w/Deanna/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(gym)			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)	9:00 am - 10:00 am Barre w/Meghan	**9:00 am - 10:00 am Strength Train Together w/Ali (gym)	8:30 am - 9:30 am Body Defined w/Mel	9:40 am - 9:55 am 15 Min. Ab Blast Xpress w/Deanna/Kate	9:00 am - 9:30 am Bosu Express w/Kate
**9:00 am - 10:00 am Body Defined w/Kate	8:30 am - 9:30 am HIIT - All Levels w/Mel	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 and Meghan	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 Ashtanga w/Pratima (FTR)	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		12:00 pm - 1:00 pm Yoga w/ Inglis
10:15 am-11:00 am Silver Sneakers Classic w/Ali (gym)	9:45 am - 10:45 am Intro to Yoga w/Mel	10:00 am - 11:00 am ZUMBA w/ Meghan	10:00 am - 11:00 am Barre Sport w/Kate	10:15 - 11:00 LIFT w/Mary (gym)		
	11:15 am - 12:00 pm Silver Sneakers Circuit w/Mary (gym)		10:15 am - 11:00 am Lo Impact Aerobics w/Melissa (gym)			
	3:00 pm - 4:30 pm Hope is Power I w/ Lisa and Linda (FTR)		11:15 - 12:00 pm Silver Sneakers Classic w/Mary			
	##2:00 pm - 3:00 pm Move for Better Balance w/Mary (Wellness Room)		3:00 pm - 4:00 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	##2:00 pm - 3:00 pm Move for Better Balance w/Mary (Wellness Room)	5:00 pm - 6:00 pm Yoga w/ Wendy	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)	2:30 - 3:30 pm Hope is Power II w/Lisa & Linda (FTR)			
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 ZUMBA Toning w/Ginny			
**7:00 pm - 8:00 pm Cardio Kickbox Blast w/Deanna		**7:00 pm - 8:00 pm Strength Train Together w/Melissa	6:00 pm - 6:45 pm Circuit Rush w/ Phil (gym)			
			6:30 pm - 7:30 pm Pilates Basic Mat Fusion w/Kate (FTR)			
			7:00 pm - 7:45 pm Spinning w/Emily			

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 30 MINS. PRIOR TO START TIME ONLY!!!!**

##THIS CLASS REQUIRES PAPERWORK AND A MOVEMENT ASSESSMENT PRIOR TO ATTENDING (SEE INSTRUCTOR)