

2019 Winter 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	**8:15 am - 8:30 am Intro to STT w/Kate (Gym)
6:45 - 7:30 am Grp. Strength w/Deb		**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)	**8:30 am - 9:30 am Strength Train Together w/Kate (gym)
9:00 am - 10:00 am Bootcamp w/Ellen (gym)	**8:45 am - 9:00 am Intro to STT w/Deanna (gym)	**9:00 am - 10:45 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	9:30 am - 10:00 am Bosu Express w/Kate
**9:00 am - 10:00 am Body Defined w/Kate	**9:00 am - 10:00 am Strength Train Together w/Deanna (gym)	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	10:00 am - 10:30 am Urban Rebounding Express w/Kate
10:15 am-11:15 am Pilates Basic Mat w/Kate	8:30 am - 9:30 am HIIT - All Levels w/Mel	**9:45 am - 10:45 am Yoga - All Levels	10:00 am - 10:15 am 15 Min. Ab Blast	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)	10:15 am - 11:00 am Lo Impact Aerobics w/Kate (gym)	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)		
	9:45 am - 10:45 am Intro to Yoga w/Mel		10:15 am - 11:00 am Lo Impact Aerobics w/Melissa (gym)			
	11:15 am - 12:00 pm Silver Sneakers Circuit w/Mary (gym)		11:15 - 12:00 pm Silver Sneakers Classic w/Mary			
	##2:15 pm - 3:00 pm Move for Better Balance w/Mary (Wellness Room)		1:45 pm - 2:45 pm Hope is Power II 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	##2:15 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 Vinyasa w/Melina (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 - 6:45 pm Circuit Rush w/ Phil (gym)			
**7:00 pm - 8:00 pm Cardio Kickbox Blast w/Deanna		**7:00 pm - 8:00 pm Strength Train Together w/Melissa	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)