

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) |
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| 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 - 9:45 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) | | | |
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| **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 | 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)