

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)
6:30 - 7:30 am Grp. Strength w/Deb	7:30 am - 8:45 am Spinning/STT Express w/Chris	**6:30 am - 7:30am Strength Train Together w/Deb	6:30 am - 7:00 am HIIT - Cardio Express w/Deanna	6:30 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)
				7:30 am - 8:25 am Spinning w/Chris		
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 - 10:00 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	9:30 am - 9:45 am 15 Min. Ab Blast Xpress w/Deanna/Kate	9:30 am - 10:00 am Urban Rebound 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 Bosu Express w/Kate (gym)
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 Vinyasa w/Mel (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)	10:15 am - 11:00 am Lo Impact Aerobics w/Kate (gym)	10:00 am - 11:00 am ZUMBA w/ Meghan (gym)	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)			
	##11:00 am - 11:45 am Move For Better Balance w/Kate (Wellness Room)		##11:00 AM - 11:45 AM Move for Better Balance w/Kate (Wellness Room)			
	11:15 am - 12:00 pm Silver Sneakers Circuit w/Mary (gym)		11:15 am - 12:00 pm Silver Sneakers Classic w/Mary			
	##2:15 pm - 3:00 pm Move for Better Balance w/Mary (Wellness Room)					
**5:00 pm - 5:15 pm Intro to Spinning w/Nancy	6:00 pm - 7:00 pm 20X3 w/Kate	5:00 pm - 6:00 pm Interval Ride w/Emily (Gym)	1:45 pm - 2:45 pm Hope is Power II w/ Lisa and Linda (FTR)	5:00 pm - 6:00 pm Yoga w/ Wendy (FTR)	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 w/Nancy (FTR)	**2:15 pm - 3:00 pm Move for Better Balance w/Mary (Wellness Room)	5:00 pm - 6:00 pm Spinning w/Emily/Nancy		
6:00 pm - 7:00 pm ZUMBA Toning w/Ginny	7:00 pm - 8:00 pm Yoga w/Chris K. (gym)	6:00 - 6:45 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)