

2019 Spring 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 - 6:30 am Body Defined Express w/Meghan	6:00 am - 7:00 am Bootcamp w/Ellen (gym)	6:00 am - 6:30 am Strength Train Together Express w/Kate	6:30 am - 7:30 am Grp. Strength w/Deb	**8:30 am - 9:15 am Cardio Kickbox Blast w/Deanna	**8:30 am - 9:30 am Strength Train Together w/Chris (gym)
6:30 - 7:30 am Grp. Strength w/Deb	6:30 am - 7:00 am Strong 30 w/Meghan	**6:30 am - 7:30am Strength Train Together w/Deb	6:30 am - 7:00 am Strong 30 w/Kate	7:30 am - 8:15 am Spinning w/Chris	8:45 am - 9:45 am Bootcamp w/Melissa (gym)	9:00 am - 9:30 am Rebounding Express w/Kate
	7:15 am - 8:30 am Spinning/STT Express w/Chris				9:15 am - 9:45 am Strong 30 w/Deanna	9:30 am - 10:00 am Bosu Express w/Kate
8:00 am - 8:45 am Silver Sneakers w/Jessie	**9:00 am - 10:00 am Strength Train Together w/Deanna (gym)	**8:45 am - 9:45 am Barre w/Meghan	8:00 am - 8:45 am Silver Sneakers w/Jessie	8:30 am - 9:30 am Body Defined w/Mel	9:45 am - 10:45 am ZUMBA w/Ginny/Meghan	12:00 pm - 1:00 pm Yoga w/ Inglis
9:00 am - 10:00 am Bootcamp w/Ellen (gym)	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 Strength Train Together w/Ali (gym)	9:00 am - 10:00 am Strong by ZUMBA w/Kate/Deanna (gym)		
**9:00 am - 10:00 am Body Defined w/Kate	10:15 am - 11:00 am Lo Impact Aerobics w/Kate (gym)	**10:00 am - 11:00 am Yoga - All Levels Vinyasa w/Mel	**9:00 am - 10:00 am Cardio Kickbox w/Deanna	9:45 am - 10:45 am Yoga - all levels Vinyasa w/Mel		
10:15 am - 11:15 am Pilates Basic Mat Fusion w/Kate	9:45 am - 10:45 am Intro to Yoga w/Mel	10:00 am - 11:00 am ZUMBA w/ Meghan (gym)	10:00 am - 10:15 am 15 Min. Ab Blast Express w/Deanna (gym)	10:15 - 11:00 LIFT w/Mary (gym)		
10:15 am-11:00 am Silver Sneakers Classic w/Ali (gym)	##11:00 am - 11:45 am Move For Better Balance w/Kate (Wellness Room)		10:00 am - 10:30 am Barre Sport Xpress w/Kate			
	11:15 am - 12:00 pm Silver Sneakers Circuit w/Mary (gym)		10:30 am - 11:00 am Pilates Fusion Xpress w/Kate			
	##2:15 pm - 3:00 pm Move for Better Balance w/Mary (Wellness Room)		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)			
			11:15 am - 12:00 pm Silver Sneakers Classic w/Mary			
**5:00 pm - 5:15 pm Intro to Spinning w/Nancy	3:00 pm - 4:30 pm Hope is Power II w/Lisa and Linda	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 Spinning w/Emily/John	4:00 pm - 5:00 pm Yoga w/Chris K.	
**5:15 - 6:00 pm Spinning w/Nancy	6:00 pm - 7:00 pm Strong by ZUMBA W/Kate (Gym)	5:00 pm - 6:00 pm Yoga - All Levels w/Nancy (FTR)	3:00 pm - 4:30 pm Hope is Power II w/Lisa and Linda			
6:00 pm - 7:00 pm ZUMBA Toning w/Ginny	6:30 pm - 8:00 pm Intermediate Pilates and Sculpt w/Dale	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 Kickboxing w/Deanna	7:00 pm - 8:00 pm Yoga w/Chris K. (gym)	**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 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)