

# Group Exercise Schedule

## AUGUST

### MONDAY

5:45-6:30am	Body Shop/Abs - Gym	Alex
5:45-6:30am	Cycle Reebok - Cycling Studio	Lori
8:00-9:00am	Tai Chi - Gym	John
8:00-8:45am	TRX training - Studio 1 **	Shari
9:00-9:30am	Ultimate Abs - Studio 1	Shari
9:30-10:15am	Cycle Reebok - Cycling Studio	Laura
9:30-10:30am	Functional Fitness - PC *	Roy
9:30-10:30am	Piloxing - Dance Studio	Stephanie
9:30-10:30am	Silver Sneakers Yoga - Studio 1	Betty
9:45-10:30am	Intro to HIIT - Gym	Beth
10:45-11:45am	Silver Sneakers Combo - Gym	Betty
12:00-1:00pm	Functional Fitness - PC *	Roy
12:00-1:00pm	Cardio Pump - Studio 1	Lindsey
6:00-6:45pm	Kettlebell - PC	Austin
6:00-7:00pm	Piloxing - Studio 1	Julie
7:00-8:00pm	Zumba - Studio 1	Lisa

### TUESDAY

5:30-6:30am	Functional Fitness - PC *	Roy
5:45-6:30am	Sunrise Surprise - Gym	Lori
5:30-6:30am	Cycle Reebok - Cycling Studio	Aimee
7:15-8:15am	Pilates/Cycle 30/30	Patty
8:30-9:30am	Build a Body - Gym	Patty
9:00-10:15am	Intermediate Yoga - Studio 1	Betty
9:15-10:15am	Cycle Reebok - Cycling Studio	Lindsey
9:30-10:30am	Ballet Barre - Dance Studio	Bernie
9:30-10:30am	Functional Fitness - PC *	Roy
9:45-10:45am	Silver Sneakers Circuit - Gym	Julia
10:30-11:45am	Gentle Yoga - Studio 1	Betty
10:30-11:15am	Fit as a Family - PC	Beth/Angela
11:00-12:00pm	Silver Sneakers Classic - Gym	Julia
12:00-1:00pm	Country Heat - Studio 1	Angela
4:15-5:00pm	PiYo - Studio 1	Beth
4:30-5:30pm	Functional Fitness - PC *	Roy
5:15-6:00pm	P90X - Studio 1	Beth
5:30-6:30pm	Functional Fitness - PC *	Roy
5:45-6:30pm	Cycle Reebok - Cycling Studio	Lori
6:00-7:00pm	HIIT - Gym	Austin
6:30-7:30pm	Olympic Lifting - PC *	Roy
6:45-7:55pm	Integrative Yoga - Studio 1	Krystina

### WEDNESDAY

5:45-6:30am	Body Shop/ Abs - Gym	Alex
5:45-6:30am	PiYo - Studio 1	Aimee
8:00-9:00am	Tai Chi - Gym	John
8:00-8:45am	TRX Training - Studio 1 **	Shari
9:00-9:30am	Ultimate Abs - Studio 1	Shari
9:30-10:15am	Cycle Reebok - Cycling Studio	Laura
9:30-10:30am	Silver Sneakers Yoga—Studio 1	Betty
9:30-10:30am	Functional Fitness - PC *	Roy
9:45-10:30am	Mommy and Me - Telyea Park	Beth
10:45-11:45am	Silver Sneakers Classic—Gym	Betty
12:00-1:00pm	Cardio Pump - Studio 1	Shirley
12:00-1:00pm	Functional Fitness—PC *	Roy
4:00-5:15pm	Yoga Flow- Studio 1	Beth J
5:00-6:00pm	Functional Fitness - PC*	Roy
6:00-7:00pm	Piloxing— Studio 1	Tina
7:00-8:00pm	Zumba - Studio 1	Lisa

### THURSDAY

5:30-6:30am	Functional Fitness - PC*	Roy
5:45-6:30am	Sunrise Surprise - Gym	Lori
5:30-6:30am	Cycle Reebok - Cycling Studio	Aimee
7:15-8:15am	Pilates/Cycle 30/30	Patty
8:30-9:30am	Build a Body - Gym	Patty
9:00-10:15am	Intermediate Yoga - Studio 1	Betty
9:30-10:30am	Ballet Barre - Dance Studio	Bernie
9:30-10:30am	Functional Fitness—PC*	Roy
9:45-10:45am	Silver Sneakers Circuit - Gym	Julia
10:30-11:45am	Gentle Yoga - Studio 1	Betty
11:00-12:00	Silver Sneakers Classic - Gym	Julia
12:00-1:00pm	Cycle Reebok - Cycling Studio	Marina
4:30-5:30pm	Functional Fitness—PC*	Roy
5:30-6:30pm	Functional Fitness—PC*	Roy
5:45-6:30pm	Country Heat - Studio 1	Angela
6:00-6:45pm	HIIT - Gym	Jenna
6:30-7:30pm	Olympic Lifting - PC*	Roy
6:45-7:55pm	Integrative Yoga - Studio 1	Alex

### FRIDAY

5:45-6:30am	Boot Camp - Gym	Alex
5:45-6:30am	Cycle Reebok - Cycling Studio	Lori
8:00-8:45am	TRX Training - Studio 1 **	Shari
8:30-9:15am	Cardio Walk - Kershaw Park	Betty
9:00-9:30am	Ultimate Abs - Studio 1	Shari
9:30-10:30am	Yogalates - Studio 1	Betty
9:30-10:30am	HIIT - Gym/PC	Stephanie
10:30-11:15am	PiYo - Studio 1	Beth
11:00-11:45am	Cycle Reebok - Cycling Studio	Lindsey
12:00-1:00pm	Cardio Pump - Studio 1	Rachel

### SATURDAY

7:30-8:30am	Functional Fitness - PC*	Roy
8:30-9:30am	Functional Fitness - PC*	Roy
8:00-8:45am	Cycle Reebok - Cycling Studio	Lori
8:30-9:15am	HIIT - Gym	Austin
9:00-10:00am	Piloxing- Studio 1	Varies
9:00-9:45am	Simply Spin - Cycling Studio	Betty

### SUNDAY

8:00-8:45am	TRX Training - Studio 1**	Lori
8:00-9:00am	PiYo - Dance Studio	Shawna
10:00-11:15am	Yoga Flow- Studio 1	Beth J

**NOTE: Classes listed with this symbol \*\* indicate a fee based class- participants must register. All other classes without the symbol are included in your membership.**

**30/30 Classes start in the cycling studio**