

Group Exercise Schedule

MAY

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 ** | Cheryl |
| 9:00-9:30am | Ultimate Abs - Studio 1 | Cheryl |
| 9:30-10:15am | Cycle Reebok - Cycling Studio ** | Laura |
| 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 |
| Noon-1:00pm | Cardio Pump - Studio 1 | Lindsey |
| 5:45-6:30pm | Bootcamp - Gym | Lori/Aimee |
| 6:00-7:00pm | Piloxing - Studio 1 | Julie |

TUESDAY

| | | |
|---------------|----------------------------------|-----------|
| 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 | Cycle Reebok - Cycling Studio ** | Cheryl |
| 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 |
| 9:45-10:45am | Silver Sneakers Circuit - Gym | Julia |
| 9:45-10:45am | Cycle Reebok - Cycling Studio ** | Stephanie |
| 10:30-11:45am | Gentle Yoga - Studio 1 | Betty |
| 11:00-12:00pm | Silver Sneakers Classic - Gym | Julia |
| 12:15-1:00pm | Cycle Reebok - Cycling Studio ** | Shirley |
| 4:15-5:00pm | PiYo - Studio 1 | Beth |
| 5:15-6:00pm | P90X - Studio 1 | Beth |
| 5:45-6:30pm | Cycle Reebok - Cycling Studio ** | Lori |
| 6:00-7:00pm | HIIT - Gym | Austin |
| 6:45-7:55pm | Integrative Yoga - Studio 1 | Alex |

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 ** | Cheryl |
| 9:00-9:30am | Ultimate Abs - Studio 1 | Cheryl |
| 9:30-10:15am | Cycle Reebok - Cycling Studio ** | Laura |
| 9:30-10:30am | Silver Sneakers Yoga—Studio 1 | Betty |
| 9:45-10:30am | Mommy and Me - Gym | Beth |
| 10:45-11:45am | Silver Sneakers Classic—Gym | Betty |
| Noon-1:00pm | Cardio Pump - Studio 1 | Shirley |
| 4:00-5:15pm | Yoga Flow- Studio 1 | Beth J |
| 5:45-6:30pm | Cycle Reebok - Cycling Studio ** | Jenna |
| 6:00-7:00pm | Piloxing— Studio 1 | Lindsey/Tina |
| 7:00-8:00pm | Country Heat - Studio 1 | Angela |

THURSDAY

| | | |
|---------------|----------------------------------|---------|
| 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 |
| 8:30-9:30am | Cycle Reebok - Cycling Studio ** | Cheryl |
| 9:00-10:15am | Intermediate Yoga - Studio 1 | Betty |
| 9:30-10:30am | Ballet Barre - Dance Studio | Bernie |
| 9:45-10:45am | Silver Sneakers Circuit - Gym | Julia |
| 9:45-10:45am | Cycle Reebok - Cycling Studio ** | Lindsey |
| 10:30-11:45am | Gentle Yoga - Studio 1 | Betty |
| 11:00-12:00 | Silver Sneakers Classic - Gym | Julia |
| 12:15-1:00pm | Cycle Reebok - Cycling Studio ** | Shirley |
| 6:00-6:45pm | HIIT - Gym | Jenna |
| 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 |
| 7:00-8:00am | Strength/Cycle 30/30 | Cheryl |
| 8:00-8:45am | TRX Training - Studio 1 ** | Cheryl |
| 8:45-9:30am | Cardio Walk—Gym | Betty |
| 9:00-9:30am | Ultimate Abs - Studio 1 | Cheryl |
| 9:30-10:30am | Yogalates - Studio 1 | Betty |
| 9:30-10:30am | HIIT - Gym | Stephanie |
| 10:30-11:15am | PiYo - Dance Studio | Beth |
| 11:00-11:45am | Cycle Reebok - Cycling Studio** | Lindsey |
| Noon-1:00pm | Cardio Pump - Studio 1 | Shirley/Lindsey |

SATURDAY

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

SUNDAY

| | | |
|---------------|---------------------------------|------------|
| 8:00-8:45am | TRX Training - Studio 1** | Lori |
| 8:00-9:00am | PiYo - Dance Studio | Shawna |
| 9:00-9:45am | Cycle Reebok - Cycling Studio** | Jenna/Joan |
| 9:30-10:30am | Country Heat - Dance Studio | Angela |
| 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