

Group Training 100 May 14 - May 20, 2018

STUDIO A						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	5:45-6:45AM Cardio & Strength SUZANNE		5:45-6:45AM H.I.I.T. KIM			
8:15-9:15AM Stretch & Strength SUZANNE	8:00-9:00AM P90X BRIAN	8:15-9:15AM Body Conditioning ANN	8:00-9:00AM Step & Strength ANN	8:00-9:00AM H.I.I.T. KIM ♥		
9:15-10:15AM Cardio & Strength C.R.	9:15-10:15AM Meta Cardio Mix AMY ♥	9:15-10:15AM Zumba JENNIFER	9:15-10:15AM Body Conditioning ANN	9:15-10:15AM Zumba JENNIFER	9:00-10:00AM Step Special TERRY	9:00-10:15AM Athletic Conditioning AMY
10:15-11:15AM Cardio Circuit DEBBIE	10:30-11:30AM Zumba KRISTEN	10:15-11:15AM Barre Fitness EMILY	10:30-11:30AM P90X BRIAN	10:30-11:30AM Basic Cardio SUZANNE	10:00-11:00AM Body Conditioning TERRY	
11:15AM-12:15PM Senior Balance Strength & Stretch DEBBIE	11:45AM-12:30PM Body Conditioning MAUREEN	11:15AM-12:15PM Senior Strength & Stretch SUZANNE	12:00-12:55PM Cardio Room & Stretch SUZANNE	11:45AM-12:30PM P90X BRIAN		1:00-2:00PM Barre Fitness CARRIE
5:45-6:45PM Zumba KRISTEN	5:45-6:45PM Barre Fitness TESIA	5:45-6:45PM Step & Strength C.R.	5:30-6:30PM Zumba NATALIE			
6:45-7:45PM Body Conditioning BELINDA	7:00-8:00PM H.I.I.T. KIM ♥	7:00-8:00PM P90X BRIAN	6:30-7:30PM Meta Cardio Mash Up KIM ♥			
CYCLING STUDIO ♥ - heart rate monitoring available in all Cycle classes						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		5:45-6:45AM Rice I.T. LINDA		5:45-6:45AM Cycle Challenge LINDA		
	8:00-8:45AM Basic Cycle LINDA		8:00-9:00AM Rock'n Ride LINDA		8:00-9:00AM CycleZone KIM	8:30-9:30AM CycleZone TIFFANY
9:15-10:15AM CycleZone: Hill AJ		9:15-10:15AM CycleZone TIFFANY		9:15-10:15AM CycleZone: Hill AMY		
5:45-6:45PM CycleZone: Power LINDA U.	5:45-6:45PM Sprints & Hills HILARY	6:15-7:15PM Guess the Movie MAUREEN	5:45-6:45PM CycleZone HILARY			
BOOT CAMP / BOXING						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:05-7:05AM Ultimate KIM	6:15-7:00AM LED Boxing BO	6:05-7:05AM Power Hour KIM		6:05-7:05AM Ultimate KEVIN	7:25-8:25AM Ultimate KEVIN	
9:05-10:05AM Total Training LINDA U. ♥		9:05-10:05AM Total Training LINDA U.		9:05-10:05AM Ultimate KEVIN	8:30-9:30AM Kick Boxing CAT	9:00-10:00AM Kick Boxing CAT ♥
11:45AM-12:30PM Boxing Interval MAUREEN						10:15-11:15AM Queenax Metabolic Fit CAT ♥
7:00-8:00PM Kick Boxing CAT ♥	6:35-7:35PM Ultimate LINDA U.	7:00-8:00PM Kick Boxing CAT ♥	6:35-7:35PM Ultimate KEVIN	No 7:00 Boxing		
8:15-9:00PM LED Boxing BO	7:45-8:45PM Queenax Metabolic Fit CAT ♥	No 8:15 Boxing	7:45-8:30 PM Best of Both Worlds BO			
YOGA STUDIO						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	8:00-9:00AM Therapeutic Yoga SUZY ★	8:00-9:00AM Healthy Backs KELLY	8:00-9:00AM Therapeutic Yoga SUZY ★		8:00-9:00AM Healthy Backs MARY	
9:00-10:15AM Vinyasa ANN ★	9:15-10:30AM Art of Vinyasa SUZY ★	9:15-10:15AM Slow Flow KELLY	9:15-10:30AM Art of Vinyasa SUZY ★	9:15-10:15AM Sculpt & Flow ANN	9:15-10:30AM Vinyasa MARY ★	8:45-9:45AM Yin KARYN ★
10:30-11:30AM Hatha Yoga KELLY	10:45-11:45AM Hatha CHARLES	10:30-11:30AM PIYo LINDA U.	11:00AM-12:00PM Hatha Yoga ANN	10:30-11:30AM Hatha Yoga ANN	11:00AM-12:00PM Hatha Yoga TODD	10:00-11:00AM Slow Flow KARYN ★
4:30-5:30PM Healthy Backs LINDA				No Gentle Yoga		4:30-5:30PM Yogalates SUZY ★
5:45-6:45PM Slow Flow LINDA		6:00-7:00PM Yin KARYN ★				
7:00-8:00PM Hatha Yoga ANN	6:45-7:45PM Healthy Backs LINDSAY	7:15-8:15PM Slow Flow KARYN ★	6:15-7:30PM Vinyasa TODD ★			
POOL						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:15-10:15AM Aqua DEBBIE		9:15-10:15AM Aqua C.R.		9:15-10:15AM Aqua NORENE		

♥ - heart rate monitoring available

★ - infrared heat

Group Training 100

May 21 - May 27, 2018

STUDIO A						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	5:45-6:45AM Cardio & Strength SUZANNE		5:45-6:45AM H.I.I.T. KIM			
8:15-9:15AM Stretch & Strength SUZANNE	8:00-9:00AM P90X BRIAN	8:15-9:15AM Body Conditioning ANN	8:00-9:00AM Step & Strength ANN	8:00-9:00AM H.I.I.T. AMY		
9:15-10:15AM Cardio & Strength CAT	9:15-10:15AM Meta Cardio Mix AMY	9:15-10:15AM Zumba JENNIFER	9:15-10:15AM Body Conditioning ANN	9:15-10:15AM Zumba JENNIFER	No 9:00 Step	No Athletic Conditioning
10:15-11:15AM Cardio Circuit DEBBIE	10:30-11:30AM Zumba KRISTEN	10:15-11:15AM Barre Fitness EMILY	10:30-11:30AM P90X BRIAN	10:30-11:30AM Basic Cardio SUZANNE	10:00-11:00AM Body Conditioning BRIAN	
11:15AM-12:15PM Senior Balance Strength & Stretch ANN	11:45AM-12:30PM Body Conditioning MAUREEN	11:15AM-12:15PM Senior Strength & Stretch SUZANNE	12:00-12:55PM Cardio Room & Stretch SUZANNE	11:45AM-12:30PM P90X BRIAN		1:00-2:00PM Barre Fitness CARRIE
5:45-6:45PM Zumba KRISTEN	No Barre Fitness	5:45-6:45PM Step & Strength BELINDA	5:30-6:30PM Zumba NATALIE			
6:45-7:45PM Body Conditioning BELINDA	7:00-8:00PM H.I.I.T. KIM	7:00-8:00PM P90X BRIAN	6:30-7:30PM Meta Cardio Mash Up KIM			
CYCLING STUDIO ♥ - heart rate monitoring available in all Cycle classes						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		5:45-6:45AM Rough Ride LINDA		5:45-6:45AM Friday Fury LINDA		
	8:00-8:45AM Basic Cycle LINDA		8:00-9:00AM Cycle I.T. LINDA		8:00-9:00AM CycleZone AJ	8:30-9:30AM CycleZone MAUREEN
9:15-10:15AM CycleZone AJ		9:15-10:15AM Run for the Hills TIFFANY		9:15-10:15AM Summer Time AMY		
5:45-6:45PM 80's/90's LINDA U.	5:45-6:45PM CycleZone HILARY	6:15-7:15PM CycleZone MAUREEN	5:45-6:45PM CycleZone HILARY			
BOOT CAMP / BOXING						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:05-7:05AM Ultimate KEVIN	6:15-7:00AM LED Boxing BO	6:05-7:05AM Power Hour KIM		6:05-7:05AM Ultimate KEVIN	7:25-8:25AM Ultimate KEVIN	
9:05-10:05AM Total Training LINDA U. ♥		9:05-10:05AM Total Training LINDA U.		9:05-10:05AM Ultimate KEVIN	8:30-9:30AM Kick Boxing CAT	9:00-10:00AM Kick Boxing CAT ♥
11:45AM-12:30PM Boxing Interval MAUREEN						10:15-11:15AM Queenax Metabolic Fit CAT ♥
7:00-8:00PM Kick Boxing CAT ♥	6:35-7:35PM Ultimate KEVIN	7:00-8:00PM Kick Boxing CAT ♥	6:35-7:35PM Ultimate KEVIN	7:00-7:45PM LED Boxing BO		
8:15-9:00PM LED Boxing BO	7:45-8:45PM Queenax Metabolic Fit CAT ♥		7:45-8:30 PM Best of Both Worlds BO			
YOGA STUDIO						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	8:00-9:00AM Therapeutic Yoga SUZY ★	8:00-9:00AM Healthy Backs KELLY	8:00-9:00AM Therapeutic Yoga SUZY ★		8:00-9:00AM Healthy Backs SHERI	
9:00-10:15AM Vinyasa ANN ★	9:15-10:30AM Art of Vinyasa SUZY ★	9:15-10:15AM Slow Flow KELLY	9:15-10:30AM Art of Vinyasa SUZY ★	9:15-10:15AM Sculpt & Flow ANN	9:15-10:30AM Vinyasa SHERI ★	8:45-9:45AM Yin MARY ★
10:30-11:30AM Hatha Yoga KELLY	10:45-11:45AM Hatha CAROL HELENA	10:30-11:30AM PIYo LINDA U.	11:00AM-12:00PM Hatha Yoga ANN	10:30-11:30AM Hatha Yoga ANN	11:00AM-12:00PM Hatha Yoga ANN	10:00-11:00AM Slow Flow MARY ★
4:30-5:30PM Healthy Backs LINDA				No Gentle Yoga		4:30-5:30PM Yogalates SUZY ★
5:45-6:45PM Slow Flow LINDA		6:00-7:00PM Yin KARYN ★				
7:00-8:00PM Hatha Yoga TODD	6:45-7:45PM Healthy Backs LINDSAY	7:15-8:15PM Slow Flow LAURA ★	6:15-7:30PM Vinyasa TODD ★			
POOL						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
No Aqua		No Aqua		9:15-10:15AM Aqua NORENE		

♥ - heart rate monitoring available ★ - infrared heat