

Group Training 100 Nov 11-18, 2018

STUDIO A						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	5:45-6:45AM Cardio & Strength SUZANNE		5:45-6:45AM Meta Cardio Mash Up KIM ♥			
8:15-9:15AM Strength & Stretch 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 Meta Cardio Mash Up KIM ♥	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 LISA	8:45-9:45am Athletic Conditioning KIM
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 LINDA U	10:00-11:00AM Body Conditioning TERRY	10:00-11:00am WERQ EMILY M
11:15AM-12:15PM Senior Balance Strength & Stretch DEBBIE	11:45AM-12:30PM Body Conditioning MAUREEN	11:15AM-12:15PM Senior Strength & Stretch SUZANNE	12:00-12:45pm Iron 4 Lunch SARAH H	11:45AM-12:30PM P90X BRIAN		
12:30-1:15pm Iron 4 Lunch SARAH H	1:00-2:00pm Mat Pilates AMY K					12:30-1:30 Barre Intensity CARRIE
5:45-6:45PM Zumba KRISTEN	5:45-6:45PM Barre Fitness DEBBIE (sub)	5:45-6:45PM Zumba KRISTEN	5:45-6:45pm Strength & Sculpt KIM	5:45-6:45pm WERQ EMILY M		
6:45-7:45PM Body Conditioning BELINDA	7:00-8:00PM H.I.I.T. KIM ♥	7:00-8:00PM P90X BRIAN	7:00-8:00PM Meta Cardio Mash Up KIM ♥			
CYCLING STUDIO ♥ - HEART RATE MONITORING AVAILABLE IN ALL CYCLE CLASSES						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	8:00-8:45AM Basic Cycle LINDA	5:45-6:45AM CycleZone H.I.I.T. LINDA	8:00-9:00AM CycleZone H.I.I.T. LINDA	5:45-6:45AM CycleZone H.I.I.T. LINDA	8:00-9:00AM CZ Drills w/ Hills KIM	No CycleZone
9:15-10:15AM CycleZone H.I.I.T. TIFFANY		9:15-10:15AM CycleZone All Terrain TIFFANY		9:15-10:15AM CycleZone AMY		
5:45-6:45PM Cycle STRENGTH MAUREEN	5:45-6:45PM CycleZone HILARY		5:45-6:45PM CycleZone HILARY			
BOOT CAMP / BOXING WRAPS OR GLOVES REQUIRED FOR ALL BOXING/KICKBOXING CLASSES						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:05-7:05AM Ultimate KEVIN	6:15-7:00AM LED Boxing BO	6:00-7:00am Best of Both Worlds BO		6:05-7:05AM Ultimate KEVIN	7:25-8:25AM Ultimate KEVIN	No Cardio KickBoxing
9:05-10:00AM Total Training LINDA U. ♥		9:05-10:00AM Total Training LINDA U.		9:05-10:00AM Ultimate KEVIN	8:30-9:30AM Cardio KickBoxing CAT	10:15-11:15AM Total Training (sub) LINDA U (sub)
12:00-12:45pm Kickboxing 45 CAT ♥		12:00-12:45pm Kickboxing 45 CAT ♥				
7:00-8:00PM Cardio KickBoxing CAT ♥	6:35-7:35PM Ultimate KEVIN	7:00-8:00PM Cardio KickBoxing CAT ♥	6:35-7:35PM Ultimate KEVIN	7:00-7:45PM LED Boxing BO	4:00-4:45pm LED Boxing BO	
			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	9:15-10:15AM Sculpt & Flow ANN	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 HATHA KELLY	9:15-10:30AM ★ Art of Vinyasa SUZY	10:30-11:30AM Hatha Yoga CHARLES (sub)	9:15-10:30AM ★ Vinyasa MARY	8:45-9:45AM ★ Yin KARYN
10:30-11:30am Hatha Yoga KAVITHA	10:45-11:45AM Hatha CHARLES	10:30-11:30AM PiYo LINDA U.	11:00AM-12:00PM Hatha Yoga KAVITHA	11:45AM-1:00PM Gentle Yoga CHARLES (sub)	11:00AM-12:00PM Hatha Yoga TODD	10:00-11:00AM ★ Slow Flow KARYN
4:30-5:30PM Healthy Backs LINDA						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 KAVITHA	6:45-7:45PM ★ Healthy Backs KAVITHA (sub)	7:15-8:15PM ★ Slow Flow KARYN	No Vinyasa			
POOL						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:15-10:15AM Aqua DEBBIE		9:15-10:15AM Aqua ANN		9:15-10:15AM Aqua DEBBIE (sub)		

♥ - heart rate monitoring available ★ - infrared heat

Group Training 100 Nov 19 - 25, 2018

STUDIO A							
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
	5:45-6:45AM Cardio & Strength SUZANNE						
8:15-9:15AM Strength & Stretch SUZANNE	8:00-9:00AM P90X BRIAN	8:15-9:15AM Body Conditioning ANN		8:00-9:00AM H.I.I.T. KIM ♥			
9:15-10:15AM MetaCardio MashUp KIM ♥	9:15-10:15AM MetaCardio Mix LINDA U ♥	9:15-10:15AM Zumba JENNIFER	9:30-11:00am Body Conditioning Plus LISA	9:15-10:15AM WERQ (sub) THERESA (sub)	9:00-10:00AM Step Special LISA	8:45-9:45 Athletic Conditioning KIM	
10:15-11:15AM Cardio Circuit LINDA T (sub)	10:30-11:30AM Zumba KRISTEN	10:15-11:15AM Barre Fitness EMILY		No Basic Cardio	10:00-11:00AM Body Conditioning LISA	10:00-11:00am WERQ THERESA	
11:15AM-12:15PM Senior Balance Strength & Stretch ANN	11:45AM-12:30PM Body Conditioning MAUREEN	11:15AM-12:15PM Senior Strength & Stretch SUZANNE		11:45AM-12:30PM MetaCardio MashUp KIM (sub) ♥			
12:30-1:15pm Iron 4 Lunch SARAH H	1:00-2:00pm Barre Fitness (sub) EMILY (sub)						12:30-1:30 Barre Intensity CARRIE
5:45-6:45PM Zumba KRISTEN	5:45-6:45PM Barre Fitness TESIA	5:45-6:45PM Zumba KRISTEN			5:45-6:45pm WERQ THERESA (sub)		
6:45-7:45PM Body Conditioning BELINDA	7:00-8:00PM H.I.I.T. KIM ♥	7:00-8:00PM P90X BRIAN					
CYCLING STUDIO ♥ - HEART RATE MONITORING AVAILABLE IN ALL CYCLE CLASSES							
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
	8:00-8:45AM Basic Cycle LINDA	5:45-6:45AM CycleZone H.I.I.T. LINDA		5:45-6:45AM CycleZone H.I.I.T. LINDA	8:00-9:00AM CycleZone KIM	8:30-9:30AM BRUNO vs MJ TIFFANY	
9:15-10:15AM CycleZone KELLY (sub)		9:15-10:15AM CycleZone MAUREEN (sub)	8:00-9:15am Turkey Burner KIM	9:15-10:15AM 80s & 90s Movies KIM (sub)			
5:45-6:45PM Cycle STRENGTH MAUREEN	5:45-6:45PM CycleZone Hill HILARY						
BOOT CAMP / BOXING WRAPS OR GLOVES REQUIRED FOR ALL BOXING/KICKBOXING CLASSES							
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
6:05-7:05AM Ultimate Bootcamp KEVIN	6:15-7:00AM LED Boxing BO	6:00-7:00am Best of Both Worlds BO		6:05-7:05AM Ultimate Bootcamp KEVIN	7:25-8:25AM Ultimate Bootcamp KEVIN	9:00-10:00AM Cardio KickBoxing CAT ♥	
9:05-10:00AM Total Training Bootcamp LINDA U. ♥		9:05-10:00AM Total Training Bootcamp LINDA U. ♥	8:30-9:45am Bootcamp KEVIN & LINDA U	9:05-10:00AM Ultimate Bootcamp KEVIN	8:30-9:30AM Cardio KickBoxing CAT	10:15-11:15AM Queenax Functional Fit CAT ♥	
12:00-12:45pm Kickboxing 45 CAT ♥		12:00-12:45pm Kickboxing 45 CAT ♥	10:00-11:15AM KICKBOXING + CORE CAT				
7:00-8:00PM Cardio KickBoxing CAT ♥	6:35-7:35PM Ultimate Bootcamp KEVIN	7:00-8:00PM Cardio KickBoxing CAT ♥		7:00-7:45PM LED Boxing BO	4:00-4:45pm LED Boxing BO		
YOGA STUDIO							
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
	8:00-9:00AM ★ Therapeutic Yoga SUZY	8:00-9:00AM Healthy Backs MJ (sub)		9:15-10:15AM Sculpt & Flow ANN	8:00-9:00AM Healthy Backs SHERI		
9:00-10:15AM ★ Vinyasa ANN	9:15-10:30AM ★ Ashtanga SUZY	9:15-10:15AM HATHA MJ (sub)	9:15-10:15am Slow Flow Vinyasa MJ	10:30-11:30AM Hatha Yoga ANN	9:15-10:30AM ★ Vinyasa SHERI	8:45-9:45AM ★ Yin MARY	
10:30-11:30am Hatha Yoga KAVITHA	10:45-11:45AM Hatha CHARLES	10:30-11:30AM PiYo LINDA U.		11:45AM-1:00PM Gentle Yoga CHARLES (sub)	11:00AM-12:00PM Hatha Yoga ANN	10:00-11:00AM ★ Slow Flow MARY	
4:30-5:30PM Healthy Backs LINDA							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 KAVITHA	6:45-7:45PM ★ Healthy Backs MARY (sub)	7:15-8:15PM ★ Slow Flow LAURA					
POOL							
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
9:15-10:15AM Aqua LINDA T (sub)		9:15-10:15AM Aqua ANN		No Aqua			

♥ - heart rate monitoring available ★ - infrared heat