

CLASS SCHEDULE

Effective
March 6, 2020

MONDAY	DESCRIPTION	INSTRUCTOR	LOCATION
5:30 AM	BOOT CAMP	KELLY	GROUP X
9:00 AM	CARDIO/SCULPT MIX	KAYLA	GROUP X
9:00 AM	YOGA	L.A.	MIND BODY
9:00 AM	CYCLING	MARYANN	CYCLE STUDIO
10:00 AM	ZUMBA	JENNIFER	GROUP X
10:00 AM	PILATES MAT \$	MARYANN	MIND BODY
11:15AM-12PM	SENIOR FIT	MARYANN	GROUP X
11:15AM-12PM	SENIOR YOGA	ERIKA	MIND BODY
12:15-1 PM	BODY & BANDS	LA	GROUP X
4:30 PM	CYCLE/SCULPT	MARCY	CYCLE / GROUP X
5:30-6:15 PM	KICKBOXING	BROOKE	GROUP X
5:45 PM	PIYO	MARCY	MIND BODY
6:15-7 PM	STRENGTH	BROOKE	GROUP X

TUESDAY	DESCRIPTION	INSTRUCTOR	LOCATION
6:00 AM	CYCLING	BILL	CYCLE STUDIO
8:00 AM	SPEED & AGILITY BOOT CAMP	SIMON NEW	GROUP X
8:45 AM	GENTLE YOGA	HEATHER	MIND BODY
9:15 AM	BOOT CAMP	ROMINA	GROUP X
10:00 AM	BARRE \$	ASHLEY	MIND BODY
10:30 AM	ZUMBA TONING & ZUMBA MIX	LESA	GROUP X
12:15-1 PM	CYCLE/SCULPT	KAYLA	CYCLE / GROUP X
12:15-2 PM	YOGA LEVEL 1	AUDREY	MIND BODY
5:30 PM	SH1FT/L1FT MIX	HEATHER	GROUP X
5:30 PM	CYCLING	SARAH	CYCLE STUDIO
5:30 PM	YOGA FLOW	SUZANNE	MIND BODY
6:30-7:15PM	SOULBODY BARRE UNHITCHED	BROOKE	GROUP X
6:30 PM	TRX \$	MARCY	MIND BODY

WEDNESDAY	DESCRIPTION	INSTRUCTOR	LOCATION
8:00 AM	CARDIO YOGA NEW TIME	HEATHER	GROUP X
9:00 AM	SH1FT /L1FT MIX	HEATHER	GROUP X
9:00 AM	PILATES MIX \$	MARYANN	MIND BODY
9:15 AM	CYCLING	KELLY	CYCLE STUDIO
10:00 AM	PILOXING	JENNIFER	GROUP X
11:00-11:45AM	ZUMBA GOLD	MARCI	GROUP X
12:15-1 PM	TURBO TONE	KAYLA	GROUP X
4:30 PM	CYCLING	NATALIE	CYCLE STUDIO
5:30 PM	BARRE \$	BROOKE	MIND BODY
5:45 PM	BOOT CAMP	LA / SIMON	GROUP X

THURSDAY	DESCRIPTION	INSTRUCTOR	LOCATION
5:30 AM	BOOT CAMP	KELLY	GROUP X
9:00 AM	STRONG BY ZUMBA	IAN	GROUP X
9:15-9:45 AM	CYCLE EXPRESS	ROMINA	CYCLE STUDIO
9:15 AM	YOGA	HEATHER	MIND BODY
10-10:45 AM	BOOT CAMP	ROMINA	GROUP X
11-11:45 AM	SENIOR FIT	SUZANNE	GROUP X
12:15-1 PM	HIIT	LA	GROUP X
5:30 PM	YOGA ASHTANGA: LEVEL 1	ERIKA	MIND BODY
5:30 PM	ZUMBA	JENNIFER	GROUP X
5:30 PM	CYCLING	SARAH	CYCLE STUDIO
6:30 PM	P90X	MELISSA	GROUP X

FRIDAY	DESCRIPTION	INSTRUCTOR	LOCATION
6:00 AM	CYCLING	DAVE	CYCLE STUDIO
8:00 AM	GUTS BUTTS & INTERVALS	LA	GROUP X
9:00-9:40 AM	TOTAL-BODY-ATTACK \$	ROMINA	FITNESS FLOOR
9-9:30 AM	STEP	MARYANN	GROUP X
9:30 AM	RESISTABALL	MARYANN	GROUP X
9:45-10:15 AM	CYCLE EXPRESS	ROMINA	CYCLE STUDIO
10:30-11:15 AM	ZUMBA GOLD	MARCI	GROUP X
10:45 AM	PILATES MIX \$	MARYANN	MIND BODY
11:30-12:15 AM	SENIOR FIT	LA	GROUP X
12:15-1 PM	BOSU	KAYLA	GROUP X
12:15-1 PM	CYCLING	MYRIDE®	CYCLE STUDIO
12:15 PM	YOGA	HEATHER	MIND BODY

SATURDAY	DESCRIPTION	INSTRUCTOR	LOCATION
8:00 AM	TRX \$	HEATHER	MIND BODY
8:00 AM	CYCLING	KELLY	CYCLE STUDIO
9:00 AM	PIYO	MARCY	MIND BODY
9:00 AM	BOOT CAMP	KELLY	GROUP X
9:15 AM	CYCLING	STACEY	CYCLE STUDIO
10:15 AM	ZUMBA	JENNIFER	GROUP X
11:30AM-12PM	SOULBODY BARRE UNHITCHED	JENNIFER	GROUP X

SUNDAY	DESCRIPTION	INSTRUCTOR	LOCATION
8:00 AM	CYCLING	KELLY	CYCLE STUDIO
9:15 AM	BODY SCULPTING	KELLY	GROUP X

 **CLASS DESCRIPTIONS**
* See reverse side *

MyRide® available upon request – please see the Front Desk to schedule your ride!

Save the dates...
Yoga Nidra: 4/2 & 4/30
Resorative Yoga: 3/20 & 4/17






NEW:
**SPEED & AGILITY
BOOT CAMP
TUESDAYS @ 8AM**

WATCH FOR MORE POP-UP CLASSES COMING SOON!