

GROUP FITNESS STUDIOS

SUMMER SESSION 2017 GROUP FITNESS STUDIO 1

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				M CORE TRAINING 7:30 – 8:15 am Larry T.	M * REFORMER LEVEL 1 7:15-8:10 am \$66/\$90 Sarah R.
	L SILVER SNEAKERS CLASSIC 8:30-9:15 am Linda M.	L/M HATHA YOGA 8:00-8:55 am Kathleen G.	L SILVER SNEAKERS CLASSIC 8:30-9:15 am Cathy H.	L/M BODY FLEX 8:30-9:25 am Larry T.	L/M TAI-RAUCH (YOGA) 8:15-9:10 am Larry T.
M/H * REFORMER LEVEL 3 9:30-10:25 am \$66/\$90 Sarah R.	M * REFORMER LEVEL 2 9:30-10:25 am \$66/\$90 Sarah R.	L/M MAT PILATES PLUS 9:00-9:55 am Barb M.	L/M CORE YOGA 9:30-10:25 am Kathy F.	L/M MAT BASED PILATES 9:30-10:25 am Barb M.	
	L/M BODY FLEX 10:30-11:25 am Larry T.	L GENTLE YOGA 10:00-10:55 am Barb M.	M/H * REFORMER/TABATA 10:30-11:25 am \$66/\$90 Doretta H.	M *CLINICAL REFORMER PLUS 10:30-11:25 am \$66/\$90 Sarah R., Spinning Room	
M YOGA BARRE/PILATES 10:30-11:25 am Doretta H.	M *CLINICAL REFORMER PLUS 10:45-11:40 am \$66/\$90 Sarah R. Spinning Room		M *EXO CHAIR 11:30-12:25 am \$66/\$90 Sarah R.	M *ACTIVE OLDER ADULT REFORMER 1 11:00-11:55 am \$66/\$90 Doretta H.	
					Sunday
M VINYASA POWER FLOW YOGA 4:00-4:55 pm Doretta H.		M * REFORMER LEVEL 2 4:00-4:55 pm \$66/\$90 Doretta H.	M * EXO CHAIR 4:00-4:55 pm \$66/\$90 Doretta H.	M *REFORMER CIRCUIT 5:00-5:55 pm \$66/\$90 Doretta H.	
M * REFORMER LEVEL 1 5:00-5:55 pm \$66/\$90 Doretta H.	M * REFORMER LEVEL 2 5:00-5:55 pm \$66/\$90 Sarah R.	M * REFORMER LEVEL 2 5:00-5:55 pm \$66/\$90 Doretta H.	M/H * REFORMER LEVEL 3 5:00-5:55 pm \$66/\$90 Doretta H.		
L/M DRUMS ALIVE 6:00-6:55 pm Melissa C.	L/M MAT BASED PILATES 6:00-6:55 pm Caroline C.	M VINYASA POWER FLOW YOGA 6:00-6:55 pm Doretta H.	L/M MAT BASED PILATES 6:00-6:55 pm Caroline C.		
	M *REFORMER LEVEL 1 7:00-7:55 pm \$60/\$90 Sarah R.				

**WALKING CLUB – Mon/Wed/Fri • 8:30–10:30 am • Davis Outdoor Walking Track • Walk anytime during these hours.
Linda Modic, Instructor • Free to Members**

SUMMER SESSION 2017 GROUP FITNESS STUDIO 2

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
M METABOLIC TRAINING 5:15-5:45 am Corky P.		M METABOLIC TRAINING 5:15-5:45 am Corky P.	H METAFIT 5:30-6:00 am Orlando K.		
	M/H MARTIAL BOOT CAMP 7:00-7:55 am Larry T.				
M/H SCULPTING 8:30-9:25 am Leona S.	M/H LES MILLS-BODY PUMP 8:00-8:55 am Ashley W.	M/H SCULPTING 8:30-9:25 am Leona S.	M/H LES MILLS-BODY PUMP 8:00-8:55 am Ashley W.	H METAFIT 9:00-9:30 Yvonne A.	L/M ZUMBA 8:15-9:10 am Rossana P.
L/M MAT BASED PILATES 9:30-10:25 am Caroline C. (Starts June 5)	M/H STRENGTH INTERVALS 9:00-9:55 am Ashley W.	M/H CARDIO CHALLENGE 9:30-10:25 am Yvonne A.	M/H CIRCUIT SCULPTING 9:00-9:55 am Melanie A.	M/H CARDIO-KICKBOXING 9:30-10:25 am Yvonne A.	H POWER YOGA 9:15 -10:10 am Loretta P.
L/M SCULPTING 10:30-11:25 am Margee D.	H TABATA/INTERVAL TRAINING 10:00-10:55 am Kathy R.		M/H LES MILLS-BODY PUMP 10:00-10:55 am Ashley W.		M/H LES MILLS-BODY PUMP 10:30-11:25 am Tiffany O.
	L/M MAT BASED PILATES 11:00-11:55 am Barb M.	L ENHANCE@FITNESS 11:00-11:55 am Barb M./Kathy H.	L LINE DANCING 11:00-11:55 am Helen	L ENHANCE@FITNESS 11:30-12:30 pm Barb M/Kathy H.	
L ACTIVE OLDER ADULTS SCULPTING 12:00-12:45 pm Cathy H.	L ACTIVE OLDER ADULT AEROBICS 12:00-12:45 pm Linda M.	M STEP 12:00-12:55 pm Linda M.	L ACTIVE OLDER ADULT AEROBICS WALK 12:00-12:45 pm Linda M.		Sunday
L ACTIVE OLDER ADULT FITNESS 1:00-1:45 pm Linda M.	L SILVER SNEAKERS CLASSIC 1:00-1:45 pm Linda M.	L ACTIVE OLDER ADULT FITNESS 1:00-1:45 pm Linda M.	L ACTIVE OLDER ADULTS SCULPTING 1:00-1:45 pm Linda M.	L ACTIVE OLDER ADULT FITNESS 1:00-1:45 pm Loretta P.	M/H PILOXING 1:00-2:00 pm Loretta P.
L ENHANCE@FITNESS 2:00-3:00 pm Linda M./Kathy H.	L SILVER SNEAKERS YOGA 2:00-2:45 pm Loretta P.			L SILVER SNEAKERS YOGA 2:00-2:45 pm Loretta P.	M/H ATHLETIC CONDITIONING 2:15-3:10 pm Kathy R.
M/H LES MILLS CX WORX 5:30-6:00 pm Tiffany O.	M/H LES MILLS-CX WORX 5:30-6:00 pm Hailey R.	M/H STEP 5:30-6:25 pm Hailey R.	M/H LES MILLS-BODY PUMP 5:30-6:25 pm Roseann O.	M/H STEP 5:30-6:25 pm Hailey R.	
M/H TURBO-KICK 6:30-7:25 pm Roseann O.	L GENTLE YOGA 6:30-7:25 pm Audrey M.	M SHAKE IT, TONE IT 6:30-7:25 pm Michelle E.	M/H CARDIO CIRCUIT 6:30-7:25 pm Jill C.		
H TABATA/INTERVAL TRAINING 7:30-8:25 pm Kathy R.	M/H LES MILLS-BODY PUMP 7:30-8:25 pm Tiffany O.	H TABATA/INTERVAL TRAINING 7:30-8:25 pm Kathy R.	L/M ZUMBA 7:30-8:25 pm April L. (Starts June 8)		

Classes in the shaded boxes marked with an asterisk (*) require registration during registration periods and a fee.
*LEVELS: L=Low Intensity M=Medium Intensity H=High Intensity