

# GROUP FITNESS STUDIOS

## FALL SESSION 2017 GROUP FITNESS STUDIO 1

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				<b>M</b> CORE TRAINING 7:30 – 8:15 am Larry T.	<b>M</b> * REFORMER LEVEL 1 7:15-8:10 am \$66/\$90 Sarah R.
	<b>L</b> SILVER SNEAKERS CLASSIC 8:30-9:15 am Linda M.	<b>L/M</b> HATHA YOGA 8:00-8:55 am Kathleen G.	<b>L</b> SILVER SNEAKERS CLASSIC 8:30-9:15 am Cathy H.	<b>L/M</b> BODY FLEX 8:30-9:25 am Larry T.	<b>L/M</b> TAI-RAUCH (YOGA) 8:15-9:10 am Larry T.
<b>M/H</b> * REFORMER LEVEL 3 9:30-10:25 am \$66/\$90 Sarah R.	<b>M</b> * REFORMER LEVEL 2 9:30-10:25 am \$66/\$90 Sarah R.	<b>L/M</b> MAT PILATES PLUS 9:00-9:55 am Debbie M.	<b>L/M</b> CORE YOGA 9:30-10:25 am Kathy F.	<b>L/M</b> MAT BASED PILATES 9:30-10:25 am Barb M.	
<b>M</b> YOGA BARRE/PILATES 10:30-11:25 am Doretta H.	<b>L/M</b> BODY FLEX 10:30-11:25 am Larry T.	<b>L</b> GENTLE YOGA 10:00-10:55 am Barb M.	<b>M/H</b> * REFORMER/TABATA 10:30-11:25 am \$66/\$90 Doretta H.	<b>M</b> *CLINICAL REFORMER PLUS 10:30-11:25 am \$66/\$90 Sarah R. Spinning Room	
	<b>M</b> *CLINICAL REFORMER PLUS 10:45-11:40 am \$66/\$90 Sarah R Spinning Room	*WOMEN ON WEIGHTS @ 11:00-11:55 am Linda M. Starts Sept 13th	<b>M</b> *EXO CHAIR 11:30-12:25 am \$66/\$90 Sarah R.	<b>M</b> *ACTIVE OLDER ADULT REFORMER 1 11:00-11:55 am \$66/\$90 Doretta H.	
					<b>Sunday</b>
<b>M</b> VINYASA POWER FLOW YOGA 4:00-4:55 pm Doretta H.		<b>M</b> VINYASA POWER FLOW YOGA 4:00-4:55 pm Doretta H. Starts Sept 6	<b>M</b> * EXO CHAIR 4:00-4:55 pm \$66/\$90 Doretta H		
<b>M</b> * REFORMER LEVEL 1 5:00-5:55 pm \$66/\$90 Doretta H.		<b>M</b> * REFORMER LEVEL 2 5:00-5:55 pm \$66/\$90 Doretta H.	<b>M/H</b> * REFORMER LEVEL 3 5:00-5:55 pm \$66/\$90 Doretta H.	<b>M</b> *REFORMER CIRCUIT 5:00-5:55 pm \$66/\$90 Doretta H.	
<b>L/M</b> DRUMS ALIVE 6:00-6:55 pm Melissa C.	<b>L/M</b> MAT BASED PILATES 6:00-6:55 pm Caroline C.		<b>L/M</b> MAT BASED PILATES 6:00-6:55 pm Caroline C.		

## FALL SESSION 2017 GROUP FITNESS STUDIO 2

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

Classes in the shaded boxes marked with an asterisk (\*) require registration during registration periods and a fee. "R" = Free class for members, registration required for every 6-week session.

LEVELS: L=Low Intensity M=Medium Intensity H=High Intensity

Updated 8/24/17