

GROUP FITNESS STUDIOS

HOLIDAY & WINTER 1 SESSION 2018 GROUP FITNESS STUDIO 1

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	M/H * BODHI SUSPENSION 8:00-8:55 a.m. \$33/\$45 Heather C. Spinning Room/Winter 1		M/H * BODHI SUSPENSION 8:00-8:55 a.m. \$33/\$45 Heather C. Spinning Room/Winter 1	CORE TRAINING 7:30 - 8:15 a.m. Larry T.	* REFORMER LEVEL 1 7:15-8:10 a.m. \$66/\$90 Debbie M.
M * REFORMER/EXO 8:30-9:25 a.m. \$66/\$90 Debbie M. Winter 1	L SILVER SNEAKERS CLASSIC 8:30-9:15 a.m. Linda M.	L/M HATHA YOGA 8:00-8:55 a.m. Kathleen G.	L SILVER SNEAKERS CLASSIC 8:30-9:15 a.m. Cathy H.	L/M BODY FLEX 8:30-9:25 a.m. Larry T.	L/M TAI-RAUCH (YOGA) 8:15-9:10 a.m. Larry T.
	M * REFORMER LEVEL 2 9:30-10:25 a.m. \$66/\$90 Debbie M.	L/M MAT PILATES PLUS 9:00-9:55 a.m. Debbie M.	L/M CORE YOGA 9:30-10:25 a.m. Kathy F.	L/M MAT BASED PILATES 9:30-10:25 a.m. Barb M.	
M YOGA BARRE/PILATES 11:00-11:55 p.m. Doretta H.	L/M BODY FLEX 10:30-11:25 a.m. Larry T.	L GENTLE YOGA 10:00-10:55 a.m. Barb M.	M/H * BODHI SUSPENSION 10:45-11:40 a.m. \$33/\$45 Heather C. Spinning Room/Winter 1		
	M *CLINICAL REFORMER PLUS 10:45-11:40 a.m. \$66/\$90 Debbie M. Spinning Room	M *WOMEN ON WEIGHTS @ 11:00-11:55 a.m. Linda M.	M *EXO CHAIR 11:30-12:25 a.m. \$66/\$90 Debbie M.	M *ACTIVE OLDER ADULT REFORMER 1 11:00-11:55 a.m. \$66/\$90 Doretta H.	* BODHI SUSPENSION 11:30-12:25 p.m. \$33/\$45 Jennifer C. Spinning Room Winter 1
					Sunday
M VINYASA POWER FLOW YOGA 4:00-4:55 p.m. Doretta H.		M VINYASA POWER FLOW YOGA 4:00-4:55 p.m. Doretta H.	M * EXO CHAIR 4:00-4:55 p.m. \$66/\$90 Doretta H.		
M * REFORMER LEVEL 1 5:00-5:55 p.m. \$66/\$90 Doretta H.		M * REFORMER LEVEL 2 5:00-5:55 p.m. \$66/\$90 Doretta H.	M/H * REFORMER LEVEL 3 5:00-5:55 p.m. \$66/\$90 Doretta H.	M *REFORMER CIRCUIT 5:00-5:55 p.m. \$66/\$90 Doretta H.	
L/M DRUMS ALIVE 6:00-6:55 p.m. Melissa C.	L/M MAT BASED PILATES 6:00-6:55 p.m. Caroline C.		L/M MAT BASED PILATES 6:00-6:55 p.m. Caroline C.		
M/H * BODHI SUSPENSION 6:45-7:40 p.m. \$33/\$45 Doretta H. Spinning Room/Winter 1		M/H * BODHI SUSPENSION 6:45-7:40 p.m. \$33/\$45 Doretta H. Spinning Room/Winter 1	M BARRE ABOVE 7:00-7:55 p.m. Caroline C./Winter 1	L *BALLROOM DANCE 7:00-8:00 p.m. \$33/\$66 Couple/Winter 1 Carol L.	

HOLIDAY & WINTER 1 SESSION 2018 GROUP FITNESS STUDIO 2

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
M METABOLIC TRAINING 5:15-5:45 a.m. Corky P.		M METABOLIC TRAINING 5:15-5:45 a.m. Corky P.	H METAFIT 5:30-6:00 a.m. Orlando K.		
M KETTLE BELL 7:30-8:15 a.m. Debbie M.	M/H MARTIAL BOOT CAMP 7:00-7:55 a.m. Larry T.	M BARRE ABOVE 7:30-8:25 a.m. Debbie M./Winter 1			M/H LES MILLS-BODY PUMP/CARDIO BLAST Winter 1 7:15-8:10 p.m. Eliza R.
M/H SCULPTING 8:30-9:25 a.m. Leona S.	M/H LES MILLS-BODY PUMP 8:00-8:55 a.m. Eliza R.	M/H SCULPTING 8:30-9:25 a.m. Leona S.	M/H LES MILLS-BODY PUMP 8:00-8:55 a.m. Eliza R.	H METAFIT 9:00-9:30 a.m. Yvonne A.	L/M ZUMBA 8:15-9:10 a.m. Rossana P.
L/M MAT BASED PILATES 9:30-10:25 a.m. Barb M.	M/H TABATA/INTERVAL TRAINING 9:00-9:55 a.m. Kathy R.	M/H CARDIO CHALLENGE 9:30-10:25 a.m. Yvonne A.	M/H CIRCUIT SCULPTING 8:00-9:55 a.m. Melanie A.	M/H CARDIO CHALLENGE 9:30-10:25 a.m. Yvonne A.	H POWER YOGA 9:15-9:10 a.m. Loretta P.
M SCULPTING 10:30-11:25 a.m. Margee D.	M STRENGTH INTERVALS 10:00-10:55 a.m. Hailey R.		L/M DRUMS ALIVE 10:00-10:55 a.m. Ali J.		M/H LES MILLS-BODY PUMP 10:30-11:25 a.m. Tiffany O.
	L/M MAT BASED PILATES 11:00-11:55 a.m. Barb M.	L ENHANCE@FITNESS 11:00-11:55 a.m. Barb M./Kathy H.	L LINE DANCING 11:00-11:55 a.m. Helen	L ENHANCE@FITNESS 11:00-11:55 a.m. Barb M./Kathy H.	
L ACTIVE OLDER ADULTS SCULPTING 12:00-12:45 p.m. Cathy H.	L ACTIVE OLDER ADULT AEROBICS 12:00-12:45 p.m. Linda M.	M STEP 12:00-12:55 p.m. Linda M.	L ACTIVE OLDER ADULT AEROBICS WALK 12:00-12:45 p.m. Linda M.		Sunday
L ACTIVE OLDER ADULT FITNESS 1:00-1:45 p.m. Linda M.	L SILVER SNEAKERS CLASSIC 1:00-1:45 p.m. Linda M.	L ACTIVE OLDER ADULT FITNESS 1:00-1:45 p.m. Linda M.	L ACTIVE OLDER ADULTS SCULPTING 1:00-1:45 p.m. Linda M.	L ACTIVE OLDER ADULT FITNESS 1:00-1:45 p.m. Loretta P.	M/H PILOXING 1:00-2:00 p.m. Loretta P.
L ENHANCE@FITNESS 2:00-3:00 p.m. Linda M./Kathy H.	L SILVER SNEAKERS YOGA 2:00-2:45 p.m. Loretta P.			L SILVER SNEAKERS YOGA 2:00-2:45 p.m. Loretta P.	M/H ATHLETIC CONDITIONING 2:15-3:10 p.m. Kathy R.
M/H LES MILLS-CX WORX 5:30-6:00 p.m. Tiffany O.	M/H LES MILLS-CX WORX/CARDIO BLAST 5:30-6:25 p.m. Hailey R.	M/H STEP 5:30-6:25 p.m. Hailey R.	M/H LES MILLS-BODY PUMP 5:30-6:25 p.m. Tiffany O.	L/M DRUMS ALIVE 5:30-6:25 p.m. Ali J.	
M/H TURBO-KICK 6:30-7:25 p.m. Roseann O.	L GENTLE YOGA 6:30-7:25 p.m. Audrey M.		L/M ZUMBA 6:30-7:25 p.m. Rossana P.		
H TABATA/INTERVAL TRAINING 7:30-8:25 p.m. Kathy R.	M/H LES MILLS-BODY PUMP 7:30-8:25 p.m. Tiffany O.	H TABATA/INTERVAL TRAINING 6:30-7:25 p.m. Kathy R.	L/M HATHA YOGA 7:30-8:25 p.m. Kathy G/Kathy F.		

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 12/14/17