

GROUP FITNESS STUDIOS

FALL 2 & HOLIDAY SESSION 2018 GROUP FITNESS STUDIO 1

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	BODHI SUSPENSION TRAINING 8:00-8:55 a.m. \$33/\$45 Debbie M. Spinning Room		BODHI SUSPENSION TRAINING 8:00-8:55 a.m. \$33/\$45 M/H Debbie Spinning Room	M CORE FITNESS 7:30 – 8:15 a.m. Larry T.	REFORMER LEVEL 1 TRAINING 7:15-8:10 a.m. \$66/\$90 L/M Debbie M.
M REFORMER/EXO TRAINING 8:30-9:25 a.m. \$66/\$90 Debbie M.	L SILVER SNEAKERS CLASSIC 8:30-9:15 a.m. Linda M.		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.
L/M CORE YOGA 9:30-10:25 a.m. Kathy F.	M REFORMER LEVEL 2 TRAINING 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 10:30-11:25 a.m. Barb M.	L/M BODY FLEX 10:30-11:25 a.m. Larry T.	L GENTLE YOGA 10:00-10:55 a.m. Barb M./Kathleen G.	BODHI SUSPENSION TRAINING 10:45-11:40 a.m. \$33/\$45 M/H Doretta H. Spinning Room		L/M AOA REFORMER PLUS TRAINING 9:30-10:25 a.m. \$66/\$90 Debbie M.
M/H BODHI SUSPENSION TRAINING 11:00-11:55 a.m. \$33/\$45 Doretta H. Spinning Room	L/M DRUMS ALIVE GOLDEN BEATS 1:00-1:45 p.m. Kathy H.	L/M WOMEN ON WEIGHTS 11:00-11:55 a.m. Linda M. (Starts Oct 22nd)		M ACTIVE OLDER ADULT REFORMER 1 TRAINING 11:00-11:55 a.m. \$66/\$90 Doretta H.	M/H BODHI SUSPENSION TRAINING 11:30-12:25 p.m. \$33/\$45 Jennifer C. Spinning Room
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 TRAINING 4:00-4:55 p.m. \$66/\$90 Doretta H.		Sunday
M REFORMER LEVEL 1 TRAINING 5:00-5:55 p.m. \$66/\$90 Doretta H.	L RESTORATIVE YOGA 5:00-5:55 p.m. Lori B.	M REFORMER LEVEL 2 TRAINING 5:00-5:55 p.m. \$66/\$90 Doretta H.	M/H REFORMER LEVEL 3 TRAINING 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	L FAMILY YOGA 6:00-6:55 p.m. Kathy F.	L/M MAT BASED PILATES 6:00-6:55 p.m. Caroline		
L/M ZUMBA 7:00-7:55 p.m. Kelly S.	L/M ZUMBA 7:00-7:55 p.m. Lori C.	M/H BODHI SUSPENSION TRAINING 6:45-7:40 p.m. \$33/\$45 Jennifer C. Spinning Room	M HATHA YOGA 7:00-7:55 p.m. Kathy G./Kathy F.		

FALL 2 & HOLIDAY SESSION 2018 GROUP FITNESS STUDIO 2

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
H METABOLIC FITNESS 5:15-5:45 a.m. Corky P.		H METABOLIC FITNESS 5:15-5:45 a.m. Corky P.		L/M MAT PILATES PLUS 7:00-7:55 a.m. Barb M.	
M BARRE ABOVE 7:00-7:55 a.m. Debbie M.	M/H MARTIAL BOOT CAMP 7:00-7:55 a.m. Larry T.	M BARRE ABOVE 7:00-7:55 a.m. Debbie M.		M/H LES MILLS EXPRESS 8:15-8:45 a.m. Ali J.	
	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.
M/H SCULPTING 8:30-9:25 a.m. Leona S.	M/H TABATA/INTERVALS 9:00-9:55 a.m. Bethany H.	M/H CARDIO CHALLENGE 9:30-10:25 a.m. Yvonne A.	M/H CIRCUIT SCULPTING 9:00-9:55 a.m. Melanie A.	M/H CARDIO CHALLENGE 9:30-10:25 a.m. Yvonne A.	H POWER YOGA 9:15 -10:10 a.m. Loretta P.
M SCULPTING 10:00-10:55 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 ENHANCE@FITNESS @ 11:00-11:55 a.m. Linda/Sara P.	L/M MAT BASED PILATES 11:00-11:55 a.m. Debbie 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. Kathy H/Sara P.	
L ACTIVE OLDER ADULTS SCULPTING 12:00-12:45 p.m. Cathy H.	L WALK YOURSELF FIT 12:00-12:55 p.m. Linda M.	M STEP 12:00-12:55 p.m. Linda M.	L WALK YOURSELF FIT 12:00-12:55 p.m. Linda M.	L BOOM-MIND SILVERSNIAKERS 12:00-12:45 p.m. Loretta/Kathy H.	Sunday
L ACTIVE OLDER ADULT FITNESS 1:00-1:55 p.m. Linda M.	L STABILITY CLASS 1:00-1:55 p.m. Linda M.	L ACTIVE OLDER ADULT FITNESS 1:00-1:55 p.m. Linda M.	L ACTIVE OLDER ADULTS SCULPTING 1:00-1:55 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 SILVERSNIAKERS YOGA 2:00-2:45 p.m. Loretta P.		L CHAIR YOGA 2:00-2:45 p.m. Debbie M.	L SILVERSNIAKERS YOGA 2:00-2:45 p.m. Loretta P.	M/H ATHLETIC CONDITIONING 2:15-3:10 p.m. Becky W.
M/H LES MILLS-CX WORX 5:30-6:00 p.m. Tiffany O./Hailey R.	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./Chrissy J.		
M/H TURBO-KICK 6:30-7:25 p.m. Roseann O.	L GENTLE YOGA 6:30-7:25 p.m. Audrey M.	H TABATA/INTERVALS 6:30-7:25 p.m. Kathy R.	L/M ZUMBA 6:30-7:25 p.m. Rossana P.		
H TABATA/INTERVALS 7:30-8:25 p.m. Kathy R.	M/H LES MILLS-BODY PUMP 7:30-8:25 p.m. Tiffany O./Chrissy J.				

Programs in shaded boxes require registration and a fee. @ Indicates registration required, no fee for members.
LEVELS: L=Low Intensity M=Medium Intensity H=High Intensity