

GROUP FITNESS STUDIO SCHEDULE & TRX SCHEDULE

JANUARY 6 – APRIL 27, 2019

NO CLASSES APRIL 21, NO EVENING CLASSES FRIDAY, APRIL 19

CLASSES IN **BLUE** ARE IN THE HIGH PERFORMANCE #1 STUDIO

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00-6:45AM	Y-HIIT w/ JOHN (H)		Y-HIIT w/ JOHN (H)			
8:30-9:30AM			SENIOR FIT w/ LARRY (L)			
9:00-10:00AM	SILVERSNEAKERS® CLASSIC w/ IRINA (L)				SILVERSNEAKERS® CLASSIC w/ LARRY (L)	
9:45-10:15AM	9:45-10:15AM TRX w/ CLEMATE		9:45-10:15AM TRX w/ CLEMATE			
10:00-11:00AM	SILVERSNEAKERS® YOGA w/ IRINA (L)	LIVESTRONG® APPROVAL REQUIRED		LIVESTRONG® APPROVAL REQUIRED	POWER YOGA 10:30-11:30 w/JESS (M/H)	
11:15AM-12:00PM						STRENGTH AND TONE w/ ZOE (M/H)
12:15-12:45PM	TRX w/ CARL	STRETCH EXPRESS w/ CARL (A)	TRX w/ CARL	STRETCH EXPRESS w/ CARL (A)		
4:30-5:00 PM	TRX w/ CLEMATE		TRX w/ CLEMATE		TRX w/ CLEMATE	
5:15-6:00PM	5:15-6:15PM ZUMBA® w/ MELANIE (A)	KETTLES AND MORE w/ MARY JO		KETTLES AND MORE w/MARY JO		
6:15-7:15PM				PILATES w/ MICHELLE (A)		
6:30-7:30PM	GENTLE YOGA w/ AUDREY (A)		6:50-7:20 PM TRX w/ CHRIS			