

FALL 2017 GROUP EXERCISE SCHEDULE
September 5th – December 31st

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
STUDIO 1	6:45am Weighted Workout Karen – 45 min. 8:00am Step Nancy 9:15am Boxing Bootcamp Selina 10:30am Yogilates Justine 12:15pm Nia Gabi 4:00pm Hip Hop Tamarr 5:30pm Fierce 45 Selina	6:00am Boxing (45 min) Beth 9:00am Cardio Sculpt Nancy 10:30am Foundations Jenna 12:15pm Lunchtime Lift Beth (45 min) 5:30pm Fierce 45 Selina 6:30pm DuimoFit NEW Greg	6:45am Weighted Workout Karen – 45 min. 8:00am Step Nancy 9:00am Boxing Bootcamp Francisco 10:30am Pilates Sara 12:15pm Lunchtime Lift Tamarr (45 min) 5:15pm Non Stop Tamarr 6:30pm Boxing Francisco	6:00am Yoga Sculpt NEW Sean 9:00am Fierce 45 Phoebe 10:30am Foundations Jenna 12:15pm Lunchtime Lift Tamarr (45 min) 5:30pm Fierce 45 Selina 6:30pm LaCore Dance Yulia	6:45am Weighted Workout Karen – 45 min 9:00am Cardio Circuit Courtney 10:30am DuimoFit NEW Greg 12:15pm Nia Gabi 5:30pm Hip Hop Tamarr	7:00am Weighted Workout Karen 8:00am Boxing Francisco 9:00am Yoga Sculpt NEW Adam 10:30am Belly Fit Harmony	9:00am Yoga Sculpt Sean 10:15am Pilates Sara 11:30am Yoga Sculpt Sean (75 min.)
STUDIO 2	7:00am Restorative Yoga Lani 9:15am Yoga Level II (75 min.) Emma 10:45am Tai Chi Chris 12:15pm Yoga Level I Dawn 5:15pm Power Yoga Tim 6:30pm Yoga Level II (75 min.) Sven	8:00am Pilate Fusion Connie 9:15am Yoga Flow (75 min) Danel 11:30am Yoga Multi Level (75 min.) Karl 5:30pm Yoga Level II (75 min.) Tim 7:00pm Zumba Lauren	7:00am Yoga Level II (75 min) Romi 9:30am Gentle Yoga Gloria 10:45am Tai Chi Chris 12:15pm Yoga Level I (75 min.) Nicole 5:15pm Power Yoga Adam 6:30pm Yoga Level 11 (75 min) Marq NEW	8:00am Pilate Fusion Connie 9:15am Yoga Sculpt Joy 10:30am Barrefit Beth 11:30am Yoga Multi Level (75 min.) Paul 5:30pm Yoga Level II (75 min) Marq	7:00am Yoga Level II (75 min.) Nuria 9:15am Yoga Level II (75 min.) Tina 10:45am Tai Chi Chris 12:15pm Barrefit Beth 5:30pm Yoga Level II (75 min.) Marq	8:00am Barrefit Beth 10:00am Yoga Level I (45 min.) Steven 11:30am Yoga I (75 min.) Carol 4:30pm Therapeutic Yoga Danel (75 min)	9:00am Yoga Level II Tim (75 min.) 10:30am Zumba Lauren
SPINNING	5:45am Spin (45 min.) Karen 6:45am Spin (45 min) NEW Steven 9:15am Spin (45 min) Jacquie 12:15pm Spin (45 min) Kara 4:00pm Spin Core Brooke 5:30pm Spin (45 min.) Beth	6:45am Spin (45 min) Monse 9:15am Spin (45 min.) Sergio	5:45am Spin (45 min.) Karen 6:45am Spin (45 min) NEW Steven 9:00am Spin Core Bess 12:15pm Spin (45 min.) Kirk 4:00pm Spin Core Becky 5:30pm Endurance Spin Brooke	6:45am Spin (45 min) Monse 9:15am Spin Courtney 5:30pm Endurance Spin Sergio	5:45am Spin (45 min) Charlotte **9:15am Spin Core Bess 12:15pm Spin (45 min) Kirk ** Reservation required	**9:00am Spin Yoga (Yoga 10:00, Studio 2) Steven **10:00am Spin (45 min) Tori ** Reservation required	8:15am Spin (45 min.) Karen 9:15am Endurance Spin Jacquie 5:15pm Spin (45 min) Sergio
AQUA	7:00am Fitness Swim Nancy 9:00am Aqua Aerobics Karen	6:00pm Fitness Swim Annie	7:00am Fitness Swim Nancy 5:30pm Aqua Aerobics Teresa/Inger	8:30am Aqua Aerobics Nancy 6:00pm Fitness Swim Nancy S.	7:00am Fitness Swim Annie 8:30am Deep Water Aqua Aerobics Nancy	9:00am Aqua Aerobics Inger	9:30am Aqua Aerobics Karen