

# SUMMER GROUP EXERCISE SCHEDULE    JUNE 1<sup>ST</sup> – AUGUST 31<sup>ST</sup>

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
STUDIO 1	6:45am Weighted Workout Karen – 45 min. 8:00am Step Nancy 9:15am Boxing Bootcamp Selena 10:30am Yogilates Justine 12:15pm Nia Gabi 4:00pm Hip Hop Tamarr 5:30pm Fierce 45 Tamarr 6:30pm Yoga Sculpt Adam	6:00am Yoga Sculpt Garth 9:00am Cardio Sculpt Nancy 10:30am Foundations Justine 12:15pm Lunchtime Lift Anthony (45 min) 5:30pm Fierce 45 Selena 6:30pm Zumba Lauren	6:45am Weighted Workout Karen – 45 min. 8:00am Step Nancy 9:00am Boxing Bootcamp Amy 10:30am Pilates Sara 12:15pm Lunchtime Lift Tamarr (45 min) 5:30pm Non Stop Tamarr 6:30pm Kickboxing Selena	6:00am Yoga Sculpt Sean 9:00am Fierce 45 Arturo 10:30am Foundations Patrick 12:15pm Lunchtime Lift Tamarr (45 min) 5:30pm Fierce 45 Selena 6:30pm LaCore Dance Yulia	6:45am Weighted Workout Karen – 45 min 9:00am Cardio Circuit Courtney 10:30am Total Body Condit Danette <b>NEW</b> 12:15pm Nia Gabi 5:30pm Hip Hop Tamarr	8:00am Boxing Arturo 9:30am Yoga Sculpt Adam 11:00am Belly Fit Harmony	9:00am Yoga Sculpt Adam 10:30am Pilates Sara/Debbie 11:30am Yoga Sculpt Garth (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 Barre Fusion Connie 9:00am Yoga Flow (75 min) Danel 10:30am Barrefit Beth <b>NEW</b> 11:30am Yoga Multi Level Karl (75 min) 1:00pm Yoga Sculpt Sarah <b>NEW</b> 5:30pm Yoga Level II (75 min.) Tim	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 Yoga Sculpt <b>NEW</b> Sean 6:30pm Power Yoga Marq	8:00am Barre Fusion Connie 9:00am Yoga Sculpt Sierra 10:30am Barrefit Beth 11:30am Yoga Multi Level Paul (75 min.) 1:00pm Yoga Sculpt <b>NEW</b> Sierra 5:30pm Yoga Level II (75 min) Marq	7:00am Yoga Level II (75 min.) Danel 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	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 9:15am Spin (45 min) Sarah 12:15pm Spin (45 min) Kara 5:30pm Endurance Spin Becky	6:45am Spin (45 min) Monse 9:15am Spin (45 min.) Sergio	5:45am Spin (45 min.) Karen 9:00am Spin Core Bess 12:15pm Spin (45 min.) Kirk 5:30pm Endurance Spin Becky	6:45am Spin (45 min) Monse 9:15am Spin Kara 5:30pm Endurance Spin Sergio	5:45am Spin (45 min) Charlotte **9:15am Spin Core Bess 12:15pm Spin (45 min) Kirk ** <i>Reservation required</i>	7:00am Spin Karen **9:00am Spin Yoga (Yoga 10:00, Studio 2) Steven 10:15am Spin (45 min.) Sarah ** <i>Reservation required</i>	8:15am Spin (45 min.) Karen 9:15am Spin Debbie 5:15pm Spin (45 min) Sergio
AQUA	7:00am Fitness Swim Nancy 9:00am Aqua Aerobics Amy	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