

WINTER / SPRING GROUP EXERCISE SCHEDULE: MARCH 25 – MAY 31, 2019

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|----------|---|---|--|--|--|--|---|
| STUDIO 1 | <p>6:45 am Weighted Workout (45 min) - Karen</p> <p>8:00 am Step - Nancy</p> <p>9:15 am Boxing Bootcamp - Selena</p> <p>10:30 am Pilates - Sara</p> <p>12:15 pm Nia - Gabi</p> <p>4:00 pm Hip Hop - Tamarr</p> <p>5:30 pm Fierce 45 - Tamarr</p> <p>6:30 pm Yoga Sculpt - Adam</p> | <p>6:00 am Yoga Sculpt - Garth</p> <p>9:00 am Cardio Sculpt - Nancy</p> <p>10:30 am Foundations - Patrick</p> <p>12:15 pm Lunchtime Lift (45 min) - Selena</p> <p>5:30 pm Fierce 45 - Selena</p> | <p>6:45 am Weighted Workout (45 min) - Karen</p> <p>8:00 am Step - Nancy</p> <p>9:00 am Boxing Bootcamp - Arturo</p> <p>10:30 am Yogilates - Justine</p> <p>12:15 pm Lunchtime Lift (45 min) - Tamarr</p> <p>5:30 pm Non Stop - Tamarr</p> <p>6:30 pm Karate Series (6 week series) - Greg</p> | <p>6:00 am Yoga Sculpt - Sean</p> <p>9:00 am Fierce 45 - Arturo</p> <p>10:30 am Foundations - Patrick</p> <p>12:15 pm Lunchtime Lift (45 min) - Tamarr</p> <p>5:30 pm Fierce 45 - Selena</p> | <p>6:45 am Weighted Workout (45 min) - Karen</p> <p>9:00 am Cardio Circuit - Courtney</p> <p>10:30 am Total Body Conditioning - Danette</p> <p>12:15 pm Nia - Gabi</p> <p>5:30 pm Hip Hop - Tamarr</p> | <p>8:00 am Boxing - Arturo</p> <p>9:30 am Yoga Sculpt - Adam</p> <p>11:00 am Belly Fit - Harmony</p> <p>12:30 pm Yoga Sculpt – Aneta NEW</p> | <p>9:00 am Yoga Sculpt - Adam</p> <p>10:15 am Pilates - Sara/Teri</p> <p>11:30 am Yoga Sculpt (75 min) - Garth</p> |
| STUDIO 2 | <p>7:00 am Restorative Yoga - Lani</p> <p>9:15 am Yoga Level II (75 min) - Emma</p> <p>10:45 am Tai Chi - Chris</p> <p>12:15 pm Yoga Level I - Dawn</p> <p>5:15 pm Power Yoga - Kylie</p> <p>6:30 pm Yoga Multi Level (75 min) - Sven</p> | <p>8:00 am Barre Fusion - Julia</p> <p>9:00am Yoga Flow (75 min) - Tara</p> <p>10:30 am Barrefit (45 min) - Beth</p> <p>11:30 am Yoga Multi Level (75 min) - Karl</p> <p>1:00 pm Yoga Sculpt (45 min) - Sarah</p> <p>5:30 pm Yoga Level II (75 min) – Tim</p> <p>7:00 pm Zumba - Lauren</p> | <p>7:00 am Yoga Level II (75 min) - Romi</p> <p>9:30 am Gentle Yoga - Gloria</p> <p>10:45 am Tai Chi - Chris</p> <p>12:15 pm Yoga Level I (75 min) - Nicole</p> <p>5:15 pm Yoga Sculpt - Sean</p> <p>6:30 pm Power Yoga - Marq</p> | <p>8:00 am Barre Fusion - Beth</p> <p>9:00 am Power Yoga - Cynthia</p> <p>10:30 am Barrefit (45 min) - Beth</p> <p>11:30 am Yoga Multi Level (75 min) - Paul</p> <p>1:00 pm Yoga Sculpt (45 min) - Brooke</p> <p>5:30 pm Yoga Level II (75 min) – Marq</p> <p>7:00 pm LaCore Dance - Yulia</p> | <p>7:00 am Yoga Level II (75 min) - Tim</p> <p>9:15 am Yoga Level II (75 min) - Tina</p> <p>10:45 am Tai Chi - Chris</p> <p>12:15 pm Barrefit - Beth</p> <p>5:30 pm Yoga Level II (75 min) - Marq</p> | <p>8:30 am Yoga Sculpt - Sean NEW</p> <p>10:00 am Yoga Level I (45 min) - Steven</p> <p>11:30 am Yoga I (75 min) - Carol</p> <p>4:00 pm Therapeutic Dance - Yulia NEW</p> | <p>9:00 am Yoga Level II (75 min) - Tim</p> <p>10:30 am Zumba - Lauren</p> |
| SPIN | <p>5:45 am Spin (45 min) - Karen</p> <p>9:15 am Spin (45 min) - Becky</p> <p>12:15 pm Spin (45 min) - Kara</p> <p>5:30 pm Endurance Spin - Becky</p> | <p>6:45 am Spin (45 min) - Monse</p> <p>9:15 am Spin (45 min) - Sergio</p> <p>5:30 pm Endurance Spin – Terrence NEW</p> | <p>5:45 am Spin (45 min) - Karen</p> <p>6:45 am Spin (45 min) – Charlotte NEW</p> <p>9:15 am Spin (45 min) - Heidi</p> <p>12:15 pm Spin (45 min) - Kirk</p> <p>5:30 pm Endurance Spin - Becky</p> | <p>6:45 am Spin (45 min) - Monse</p> <p>9:15 am Spin - Kara</p> <p>5:30 pm Endurance Spin - Sergio</p> | <p>5:45 am Spin (45 min) - Charlotte</p> <p>9:15 am Spin (45 min)**</p> <p>- Charlotte</p> <p>12:15 pm Spin (45 min) - Kirk</p> <p>** Reservation required</p> | <p>7:00 am Spin - Karen</p> <p>9:00 am Spin Yoga* (Yoga 10:00 am, Studio 2) - Steven</p> <p>* Two-part class</p> | <p>8:15 am Spin (45 min) - Karen</p> <p>9:15 am Spin - Debbie</p> <p>5:15 pm Spin (45 min) - Sergio</p> |
| AQUA | <p>7:00 am Fitness Swim - Nancy</p> <p>9:00 am Aqua Aerobics - Amy</p> | <p>6:00 pm Fitness Swim - Annie</p> | <p>7:00 am Fitness Swim - Nancy</p> <p>5:30 pm Aqua Aerobics - Teresa/Inger</p> | <p>9:00 am Aqua Aerobics - Nancy</p> <p>6:00 pm Fitness Swim - Nancy</p> | <p>7:00 am Fitness Swim - Annie</p> <p>9:00 am Deep Water Aqua Aerobics - Nancy</p> | <p>9:00 am Aqua Aerobics - Inger</p> | <p>9:30 am Aqua Aerobics - Karen</p> |