

# Group Fitness Class Schedule as of MAY 1st, 2022

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					7 - 7:45 am <b>Muscle Max</b> Staff Rotation	8 - 9 am <b>Vinyasa Yoga</b> Jeanne
	5:45 - 6:25 am <b>Threshold Ride</b> Julie	6 - 7 am <b>Sunrise Yoga</b> Jim	5:45 - 6:30 am <b>Tone &amp; Sculpt</b> Robin	6 - 7 am <b>Sunrise Yoga</b> Jim	8 - 8:45 am <b>Boot Camp \$</b> Will	8:15 - 9 am <b>Total Body</b> Kimberly / Staff
	6:30 - 7 am <b>Express Tone</b> Julie	6 - 6:45 am <b>Total Body</b> Robin		6 - 6:45 am <b>T . B . C</b> Robin	8 - 9 am <b>Sunrise Yoga</b> Jim / Andrea	9:30 - 10:30 am <b>ZUMBA</b> ★★ Leah
7 - 7:45 am <b>Spinning</b> John	7 - 8 am <b>Yoga Flow</b> Ann	7 - 7:45 am <b>Spinning</b> Julie	7 - 7:45 am <b>Power Pilates</b> Ann	7 - 7:45 am <b>Tabata &amp; Abs</b> Julie	8 - 9 am <b>Hiit the Road</b> Staff	9:15 - 10:15 am <b>Aqua Cardio Blast</b> Lynn
8:15 - 9:15 am <b>ZUMBA</b> Pom	8:15 - 9 am <b>Final Cut</b> Vicki	8:15 - 9 am <b>Let it Go Hi/Lo</b> Vicki	8:15 - 9 am <b>Dynamic Duo</b> Julie	8:15 - 9 am <b>Low Impact Motion</b> Julie	8 - 8:45 am <b>Med Ball Blast</b> Staff Rotation	9:15 - 10:15 am <b>Pilates Mat 101</b> Amanda
8:15 - 9 am <b>Aqua Intervals</b> Lynn	8:15 - 9 am <b>Aqua Tone</b> Sheri	8:15 - 9 am <b>Aqua Intervals</b> Bonnie	8:15 - 9 am <b>Aqua Intervals</b> Thea	8:15 - 9 am <b>Sea Surprise</b> Sheri	9:15 - 10 am <b>Sea Surprise</b> Bonnie	9:15 - 10:15 am <b>3--2--1--</b> Staff Rotation
8:15 - 9 am <b>Walking&amp;Stretch</b> Thea	8:15 - 9 am <b>B . B . S</b> Thea				9:15 - 10 am <b>Pilates Mat 101</b> Amanda	10:15 - 11 am <b>Beg. Friendly Yoga</b> Amanda
9:15 - 10 am <b>Aqua Cardio Blast</b> Lynn	9:15 - 10 am <b>Aqua Intervals</b> Sheri	9:15 - 10 am <b>Aqua Mix</b> Bonnie	9:15 - 10 am <b>Aqua Cardio Blast</b> <span>New</span> Sheri	9:15 - 10 am <b>Aqua Intervals</b> Sheri	9:15 - 10:15 <b>3--2--1--</b> Staff Rotation	
9:30 - 10:20 am <b>Triple Threat</b> Julie	9:15 - 10:15 am <b>All Level Yoga</b> Jim	9:30 - 10:15 am <b>Barre Sculpt</b> Gilda	9:30 - 10:15 am <b>Strength Condit</b> Lauren	9:30 - 10:15 am <b>Pilates</b> Kathleen	10:15 - 11 am <b>Beg. Friendly Yoga</b> Amanda	
10:30 - 11:30 am <b>Yogalates</b> Julie	9:30 - 10:15 am <b>Hiit the Road</b> <span>New</span> Vicki	9:30 - 10:15 am <b>Threshold Ride</b> Vicki	9:30 - 10:15 am <b>Cycle 45</b> Julie	9:30 - 10:15 am <b>Threshold Ride</b> <span>New</span> ★ Lexi		
10:30 - 11:15 am <b>Low Impact Motion</b> Vicki	9:30 - 10:15 am <b>Muscle Endurance</b> Lexi	9:30 - 10:15 am <b>3--2--1--</b> <span>New</span> Lexi		9:30 - 10:30 am <b>Kickboxing Intervals</b> Julie		
11:30 - 12:15 pm <b>Stretch &amp; Align</b> Vicki	10:30 - 11:15 am <b>ZUMBA Gold</b> Nori	10:30 - 11:15 am <b>Sit &amp; Get Fit</b> Liz B.	10:30 - 11:15 am <b>ZUMBA Gold</b> Nori	10:30 - 11:15 am <b>S . O . S</b> Liz B.		
12:15 - 1 pm <b>Aqua Intervals</b> Bonnie	10:30 - 11:15 am <b>S . O . S</b> Liz B.	10:30 - 11:30 am <b>Yogalates</b> Julie		11:30 - 12:15 pm <b>Stretch &amp; Align</b> Vicki		
	11:30 - 12:25 pm <b>Fit,Function,Balance</b> Cathy	11:30 - 12:15 pm <b>Fit,Function,Balance</b> Cathy	11:30 - 12:15 pm <b>Chair Yoga</b> Jim	12:15 - 1 pm <b>Aqua Flow</b> Sheri		
4:30 - 5:15 pm <b>Tabata</b> Sandy	12:30 - 1:15 am <span>New</span> <b>Chair Yoga</b> Jim	12:15 - 1 pm <b>Aqua Tone</b> Bonnie				
4:45 - 5:30 pm <b>BARRE</b> Gilda	4:30 - 5:30 pm <b>Warrior Sculpt</b> Ann	4:30 - 5:15 pm <b>Muscle Endurance</b> Will	4:30 - 5:15 pm <b>Total Body</b> Gilda	5:45 - 6:45 pm <b>SlowFlow - Nidra</b> Jim		
5:30 - 6:15 pm <b>Boot Camp \$</b> Will	5:15 - 6 pm <b>Aqua Cardio Blast</b> Lynn	5:30 - 6:15 pm <b>Boot Camp \$</b> Michael D.	5:15 - 6 pm <b>Aqua Mix</b> Bonnie			
5:30 - 6:15 pm <b>Strength Condit</b> Vicki	5:45 - 6:30 pm <b>Power Cycle</b> Vicki	5:45 - 6:30 pm <b>F . I . T</b> Michelle	5:45 - 6:30 pm <b>Power Cycle</b> Stephanie			
6 - 7 pm <b>Purifying Yoga Flow</b> Amanda	5:45 - 6:30 pm <span>New</span> <b>Muscle Max</b> Kimberly	6 - 7 pm <b>Vinyasa Yoga</b> Amanda	6 - 7 pm <b>All Level Yoga</b> Jeanne			
7:15 - 8 pm <b>Restorative Yoga</b> Amanda	5:30 - 6:30 pm <span>New</span> <b>Hatha Yoga</b> Craig	6:30 - 7:30 pm <b>Aqua FIT n' FLOW</b> Bonnie	6:15 - 7 pm <b>Aqua Mix Plus+</b> Bonnie			

- Conference Room 2&3
- Aerobic Studio
- Spin Room
- Swim Pool
- Yard /TURF
- Yoga Classes in Conference Rooms 2 & 3

★ Start From June 10th  
★★ Start From June 5th