

# GROUP FITNESS SCHEDULE

April 1 - April 30, 2017: LAND CLASSES

MONDAY	CLASS	INSTRUCTOR	STUDIO	Wednesday classes, cont'd...	INSTRUCTOR	STUDIO	
5:15 a.m.	Spinning (45)	Laura	C	5:30 p.m.	Spinning (45)	Jane	C
5:15 a.m.	BodyPump (60)	Thu Van	A/B	5:45 p.m.	BodyPump (60)	Kevin	A/B
5:15 a.m.	PIYo (45)	Stacy/Nicole	D	6:30 p.m.	Spinning (45)	Ken	C
7:30 a.m.	Stretch Class (30)	Lindsay	D	7:00 p.m.	Zumba (60)	Eric	A/B
8:00 a.m.	RPM (45)	Jen C	C	<b>THURSDAY</b>	<b>CLASS</b>	<b>INSTRUCTOR</b>	<b>STUDIO</b>
8:10 a.m.	Nia (40)	Chris	D	5:15 a.m.	BodyAttack Ex (45)	Rose	B
8:30 a.m.	Rock Bottom Hard Core (45)	Jen D	A/B	5:15 a.m.	Spinning (45)	Tina	C
8:50 a.m.	Cize (30)	Chris	D	5:45 a.m.	BodyPump Ex (30-45)	Debbie	A
9:15 a.m.	Spinning (45)	Marc	C	6:15 a.m.	CXWORX (30)	Debbie	A
9:25 a.m.	PIYo (45)	Jen D	D	8:15 a.m.	Strength & Stability: Core (30)	Chris	B
9:25 a.m.	BodyPump (60)	Kat	A/B	8:15 a.m.	PIYo (45)	Jen D	D
10:30 a.m.	Core Chair Yoga (60)	Zana	B	<b>*8:20 a.m.</b>	<b>COTM - Zumba Toning (55)</b>	<b>Sarah H.</b>	<b>A</b>
10:30 a.m.	Zumba Toning (60)	Mary Jo	A	8:45 a.m.	Classic Step (30)	Chris	B
11:45 a.m.	BodyPump (60)	Pam	A/B	9:15 a.m.	Spinning (45)	Jen D.	C
12:00 p.m.	Yoga (60)	Zana	D	9:15 a.m.	Pound (30)	Mary Jo	D
1:05 p.m.	Silver Sneakers Classic (45)	Chris	A/B	9:30 a.m.	BodyFlow (55)	Kim	A/B
2:00 p.m.	Zumba Gold (40)	Chris	A/B	10:00 a.m.	Zumba Gold (45)	Mary Jo	D
3:15 p.m.	Yoga Fusion (60)	Mary Jo	A/B	11:00 a.m.	Beginner Yoga (55)	Mary Jo	A/B
4:20 p.m.	Tabata Boot Camp (30)	Debbie	D	11:00 a.m.	Walking Strong (45)	Bo	D
4:30 p.m.	BodyStep (55)	Simone	A	12:00 p.m.	Zumba Gold (40)	Chris	A/B
4:25 p.m.	Zumba (30)	Mary Jo	B	1:05 p.m.	Silver Sneakers Stretch (45)	Pat	A/B
5:00 p.m.	Zumba Toning (30)	Mary Jo	B	5:00 p.m.	BodyAttack (55)	Simone	A
5:00 p.m.	CXWORX (30)	Debbie	D	5:00 p.m.	Yin Yoga (60)	Bo	D
5:30 p.m.	Spinning (45)	Jane	C	5:15 p.m.	Rock Bottom Hard Core (45)	Melissa	B
5:45 p.m.	BodyPump (60)	Tina/Heather	A/B	6:00 p.m.	RPM (45)	Ryan	C
5:45 p.m.	Pound (30)	Mary Jo	D	6:15 p.m.	BodyCombat (55)	Tina	A/B
6:30 p.m.	Spinning (45)	Ken	C	6:15 p.m.	BodyFlow (55)	Thu Van	D
7:00 p.m.	Zumba (60)	Kristi	A/B	7:30 p.m.	Zumba (60)	Patty/Lisa D	A/B
8:10 p.m.	BodyFlow (55)	Kim	A/B	<b>FRIDAY</b>	<b>CLASS</b>	<b>INSTRUCTOR</b>	<b>STUDIO</b>
<b>TUESDAY</b>	<b>CLASS</b>	<b>INSTRUCTOR</b>	<b>STUDIO</b>	5:15 a.m.	Spinning (45)	Heather	C
5:15 a.m.	Spinning (45)	Heather	C	5:15 a.m.	BodyBlast Ex (45)	Rose	A/B
5:15 a.m.	Insanity (50)	Amy	A/B	5:15 a.m.	Hatha Yoga (60)	Renee	D
8:00 a.m.	Hatha Yoga (60)	Cari	A/B	7:30 a.m.	Hatha Yoga (60)	Cari	A/B
8:10 a.m.	Insanity (45)	Jen D	D	8:30 a.m.	RPM (45)	Jen C.	C
9:00 a.m.	Yin Yang Yoga (60)	Bo	D	8:30 a.m.	Rapid Fire (45)	Jen D.	A/B
9:10 a.m.	Zumba Toning (55)	Mary Jo	A	8:30 a.m.	Qi Gong (30)	Chris	D
9:10 a.m.	BodyCombat (55)	Eric	B	9:00 a.m.	Nia (50)	Chris	D
9:15 a.m.	RPM (45)	Jen C.	C	9:25 a.m.	BodyPump (60)	Diane	A/B
10:15 a.m.	CXWORX (30)	Diane	B	9:30 a.m.	Spinning (45)	Jen D	C
10:15 a.m.	Senior Cardio & Strength (45)	Bo	A	10:15 a.m.	Hatha Yoga Slow Flow (60)	Bo	D
11:00 a.m.	R.I.P.P.E.D. (50)	Tahnee	B	10:35 a.m.	Insanity (50)	Tahnee	A
11:10 a.m.	BodyPump Ex (45)	Pam	A	10:35 a.m.	Zumba (55)	Dana	B
11:15 a.m.	Gentle Hatha Yoga Ex (45)	Bo	D	11:30 a.m.	Hatha Yoga Slow Flow (60)	Bo	D
12:05 p.m.	Rock Bottom Hard Core Ex (30)	Tahnee	D	12:00 p.m.	Zumba Gold (45)	Michael	A/B
12:05 p.m.	Zumba Gold (45)	Michael	A/B	1:05 p.m.	Silver Sneakers Cardio (45)	Pat	A/B
1:05 p.m.	Yo Chi Power Senior (60)	Mary Jo	A/B	5:00 p.m.	Zumba (55)	Kelly/Lisa D	A/B
4:15 p.m.	Beginner Yoga (60)	Zana	A/B	5:30 p.m.	Yoga (60)	Lisa	D
5:00 p.m.	Tone Up (55)	Melissa	D	5:30 p.m.	RPM Express (30)	Kevin	C
5:20 p.m.	BodyCombat (55)	Cari/Tina	A/B	6:10 p.m.	BodyPump Ex (30-45)	Kevin	A/B
5:30 p.m.	RPM (45)	Kevin	C	<b>SATURDAY</b>	<b>CLASS</b>	<b>INSTRUCTOR</b>	<b>STUDIO</b>
6:05 p.m.	Yoga (45)	Zana	D	7:00 a.m.	BodyCombat (55)	Amy M	A/B
6:30 p.m.	BodyPump (60)	Diane	A/B	8:15 a.m.	RPM (45)	Kevin	C
6:30 p.m.	RPM (45)	Ryan	C	8:15 a.m.	BodyPump (60)	Tina	A/B
7:00 p.m.	CXWORX (30)	Debbie	D	8:15 a.m.	Gentle Hatha Yoga (60)	Bo	D
7:35 p.m.	Zumba (60)	Megan	A/B	9:15 a.m.	Spinning (45)	Joe	C
<b>WEDNESDAY</b>	<b>CLASS</b>	<b>INSTRUCTOR</b>	<b>STUDIO</b>	9:20 a.m.	Zumba (60)	Mary Jo	A/B
5:15 a.m.	BodyCombat (55)	Amy	A/B	9:25 a.m.	CXWORX (30)	Heather	D
5:15 a.m.	RPM (45)	Ryan	C	10:15 a.m.	Hatha Yoga Slow Flow (60)	Bo	D
5:15 a.m.	Vinyasa Yoga (55)	Stacy	D	10:30 a.m.	BodyAttack (55)	Debbie	B
7:45 a.m.	Stretch Class (30)	Renee	D	10:30 a.m.	Tai Chi (30)	Mary Jo	A
8:20 a.m.	Strength Training (60)	Luke	A/B	11:05 a.m.	Intermediate Tai Chi (30)	Mary Jo	A
8:30 a.m.	Butts & Guts (45)	Renee	D	<b>SUNDAY</b>	<b>CLASS</b>	<b>INSTRUCTOR</b>	<b>STUDIO</b>
9:15 a.m.	Spinning (45)	Marc	C	7:00 a.m.	BodyAttack Ex. (45)	Dan	A/B
9:30 a.m.	Zumba (55)	Chris	A/B	8:00 a.m.	BodyPump (60)	Kevin	A/B
10:00 a.m.	Senior Cardio & Strength (45)	Bo	D	9:00 a.m.	Hatha Yoga Slow Flow (60)	Bo	D
10:40 a.m.	Yoga (60)	Zana	A/B	9:10 a.m.	RPM (45)	Jana	C
11:00 a.m.	Gentle Hatha Yoga Express (45)	Bo	D	9:10 a.m.	BodyCombat (55)	Cari G	A/B
11:45 a.m.	BodyPump (60)	Pam	A/B	10:15 a.m.	Zumba (60)	Patti	B
1:05 p.m.	Silver Sneakers Cardio (45)	Mary Jo	A/B	10:15 a.m.	CXWORX (30)	Jana	D
4:30 p.m.	Cardio Confusion (45)	Tina	A	11:30 a.m.	BodyFlow (55)	ThuVan	A/B
4:15 p.m.	BodyPump (60)	Kat	B				
5:30 p.m.	Yoga (55)	Lisa	D				

Sign-in is required for all group classes at kiosk near front desk. Please arrive 15 minutes early to class to make time for check-in and class ticket collection. We reserve the right to adapt the schedule at any time. New classes are bold, italicized and capitalized. 🚩 Flagged classes are at risk of being cancelled due to low attendance. \*Signifies Class of the Month.