

GROUP FITNESS SCHEDULE

August 1 - August 31, 2017: LAND CLASSES

MONDAY	CLASS	INSTRUCTOR	STUDIO	THURSDAY	CLASS	INSTRUCTOR	STUDIO
5:15 a.m.	BodyPump (60)	Thu Van	A/B	5:15 a.m.	BodyAttack Ex (45)	Rose	A/B
8:15 a.m.	Qi Gong (30)	Chris	D	5:15 a.m.	Spinning (45)	Tina	C
8:30 a.m.	Rock Bottom HC (45)	Jen D	A/B	8:15 a.m.	Zumba Toning (30)	Chris	A/B
9:15 a.m.	Spinning (45)	Joe	C	8:45 a.m.	Classic Step (30)	Chris	A/B
9:25 a.m.	PiYo (45)	Jen D	D	9:15 a.m.	Spinning (45)	Jen D.	C
9:25 a.m.	BodyPump (60)	Kat	A/B	9:30 a.m.	BodyFlow (55)	Kim	A/B
10:30 a.m.	Zumba Toning (60)	Mary Jo	A	10:00 a.m.	Zumba Gold (45)	Mary Jo	D
10:30 a.m.	Core Chair Yoga (60)	Zana	B	11:00 a.m.	Beginner Yoga (55)	Mary Jo	A/B
10:30 a.m.	Zumba Gold (40)	Chris	D	11:00 a.m.	Walking Strong (45)	Bo	D
11:45 a.m.	BodyPump (60)	Tina F.	A/B	1:05 p.m.	*COTM - SS Stretch (45)	Pat	A/B
12:00 p.m.	Yoga (60)	Zana	D	5:00 p.m.	BodyAttack (55)	Simone	A
1:05 p.m.	Silver Sneakers Classic (45)	Chris	A/B	5:00 p.m.	Yin Yoga (60)	Bo	D
4:20 p.m.	Tabata Boot Camp (30)	Debbie	A	5:15 p.m.	Rock Bottom Hard Core (45)	Melissa	B
4:30 p.m.	Zumba Toning (60)	Mary Jo	B	6:00 p.m.	RPM (45)	Ryan	C
5:00 p.m.	CXWORX (30)	Debbie	A	6:15 p.m.	BodyCombat (55)	Tina	A/B
5:45 p.m.	BodyPump (60)	Tina/Heather	A/B	FRIDAY	CLASS	INSTRUCTOR	STUDIO
5:45 p.m.	Pound (45)	Mary Jo	D	5:15 a.m.	Spinning (45)	Heather	C
6:00 p.m.	Spinning (45)	Jane	C	5:15 a.m.	BodyBlast Ex (45)	Rose	A/B
7:00 p.m.	Zumba (60)	Kristi	A/B	5:15 a.m.	Hatha Yoga (60)	Renee	D
7:00 p.m.	BodyFlow (55)	Kim	D	7:30 a.m.	Hatha Yoga (60)	Cari	A/B
TUESDAY	CLASS	INSTRUCTOR	STUDIO	8:30 a.m.	Nia (45)	Chris	A/B
5:15 a.m.	Spinning (45)	Heather	C	8:30 a.m.	RPM (45)	Jen C.	C
5:15 a.m.	Insanity (50)	Amy	A/B	9:25 a.m.	BodyPump (60)	Diane	A/B
8:00 a.m.	Hatha Yoga (60)	Cari	A/B	10:30 a.m.	Hatha Yoga Slow Flow (60)	Bo	D
8:45 a.m.	Strength & Stability: Core (30)	Tahnee	D	10:35 a.m.	Zumba (55)	Dana	A/B
9:10 a.m.	Zumba Toning (55)	Mary Jo	A	1:05 p.m.	Silver Sneakers Cardio (45)	Pat	A/B
9:10 a.m.	BodyCombat (55)	Eric	B	5:30 p.m.	RPM Express (30)	Kevin	C
9:15 a.m.	RPM (45)	Jen C.	C	6:10 p.m.	BodyPump Ex (30-45)	Kevin	A/B
10:15 a.m.	CXWORX (30)	Diane	B	SATURDAY	CLASS	INSTRUCTOR	STUDIO
10:15 a.m.	Senior Cardio & Strength (45)	Bo	A	7:00 a.m.	BodyCombat (55)	Tina/Amy	A/B
11:15 a.m.	Gentle Hatha Yoga Ex (45)	Bo	A	8:15 a.m.	RPM (45)	Kevin	C
12:05 p.m.	Zumba Gold (45)	Michael	A/B	8:15 a.m.	BodyPump (60)	Tina/Amy	A/B
1:05 p.m.	Yo Chi Power Senior (60)	Mary Jo	A/B	8:30 a.m.	Gentle Hatha Yoga Ex (45)	Bo	D
4:15 p.m.	Beginner Yoga (60)	Zana	A/B	9:15 a.m.	Spinning (45)	Joe	C
5:20 p.m.	BodyCombat (55)	Cari/Tina	A/B	9:20 a.m.	Zumba (60)	Mary Jo	A/B
5:30 p.m.	RPM (45)	Kevin	C	9:25 a.m.	CXWORX (30)	Heather	D
6:05 p.m.	Yoga (45)	Zana	D	10:30 a.m.	BodyAttack (55)	Debbie	A
6:30 p.m.	BodyPump (60)	Diane	A/B	10:30 a.m.	Beginner/Intermediate Tai Chi (60)	Mary Jo	B
7:00 p.m.	CXWORX (30)	Debbie	D	SUNDAY	CLASS	INSTRUCTOR	STUDIO
WEDNESDAY	CLASS	INSTRUCTOR	STUDIO	8:00 a.m.	BodyPump (60)	Kevin	A/B
5:15 a.m.	BodyCombat (55)	Amy	A/B	9:00 a.m.	Hatha Yoga Slow Flow (60)	Bo	D
8:20 a.m.	Strength Training (60)	Luke	A/B	9:10 a.m.	RPM (45)	Jana	C
9:15 a.m.	Spinning (45)	Joe	C	9:10 a.m.	BodyCombat (55)	Cari G	A/B
9:30 a.m.	Zumba (55)	Chris	A/B				
10:00 a.m.	Senior Cardio & Strength (45)	Bo	D				
10:40 a.m.	Yoga (60)	Zana	A/B				
11:00 a.m.	Gentle Hatha Yoga Express (45)	Bo	D				
1:05 p.m.	Silver Sneakers Cardio (45)	Mary Jo	A/B				
4:30 p.m.	Cardio Confusion (60)	Tina	A/B				
5:30 p.m.	Yoga (55)	Lisa	D				
5:45 p.m.	BodyPump (60)	Kevin	A/B				
6:00 p.m.	Spinning (45)	Ken	C				
7:00 p.m.	Zumba (60)	Eric/Jenn C.	A/B				

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. *COTM - Signifies Class of the Month.