

**BEGINS
9/5/17**

**NEXT
LEVEL**
FITNESS & TRAINING

Coming Soon

**CYCLE STUDIO
MORE CLASSES**

WEEKENDS
Prime Time Evening

■ = Main Studio 1

■ = Upstairs Studio 2

GROUP FIT *Fall* SCHEDULE

Updated 8/30/17

MONDAY

5:30 am Body Pump w/ Jen

9:30 am Body Pump w/ Fiona

NC 10:40 am Body Flow w/ Kristen

NC 12:00 pm HIIT 45 w/ Megan * *Begins 9/18*

NC 5:30 pm Body Combat 45 w/ Trisha or Martha

6:00 pm Power Yoga w/ Leela

NT 6:30 pm Body Pump w/ Michael

7:15 pm Restorative Yoga w/ Leela

TUESDAY

5:30 am Video Cycle 45 w/ Sherri

9:00 am Body Combat w/ Fiona

10:00 am Body Pump w/ Meredith

4:30 pm Power Ride 45 w/ Maria

5:45 pm Pound w/ Mollie

6:45 pm Strong HIIT w/ Chrys

6:45 pm Buti Yoga w/ Nicole

WEDNESDAY

NT 5:15 am Body Pump w/ Jen

9:15 am Video Cycle 45 w/ Sherri

NC 9:15 am PIYO w/ Kathleen

10:15 am Body Pump w/ Aaron

NT 5:30 pm Body Pump w/ Linda

6:40 pm Dance Fitness w/ Jen

NC 6:45 pm Restorative Yoga w/ Rebecca

NC 7:45 pm Body Combat w/ Marie

THURSDAY

NC 5:30 am Bootcamp w/ Kristen

9:30 am Cycle-Sculpt w/ Diana

NC 9:30 am Body Flow w/ Kristen

NC 10:45 am Hip Hop w/ Katie * *Begins 9/14*

4:30 pm Vinyasa Flow w/ Melissa

5:30 pm Body Pump w/ David

6:45 pm Zumba w/ Chrys

FRIDAY

NT 5:15 am Cycle-Sculpt with Cheryl

NC 8:30 am Barre w/ Kathleen

9:30 am Body Pump w/ Kristen

5:30 pm Body Pump w/ Linda

NC 7:00 pm Pound w/ Mollie

SATURDAY

7:30 am Video Cycle w/ Sherri

8:30 am Zumba w/ Chrys

NC 8:30 am Body Flow w/ Trisha

9:30 am Body Pump w/ Fiona

10:30 am Body Combat w/ Jen

SUNDAY

NT 8:15 am Team Group Circuit Training

NT 9:15 am Power Ride 45 Tracy

9:00 am Power Yoga w/ Michelle

10:15 am Body Pump w/ Trisha

11:30 am CXWORX w/ Trisha (30 min)

4:00 pm Pound w/ Debbie & Mollie

NC = New Class * NT = New Time