



## Group Fitness Class Schedule

Monday		Tuesday		Wednesday	
5:00 AM	Cycle Express With Sherri	5:30 AM	Video Cycle 45 w/Sherri	5:15 AM	Body Pump w/Jennifer
5:30 AM	Sunrise Yoga Flow w/Megan	9:00 AM	Body Combat w/Fiona	9:15 AM	PIYO w/Kathleen
5:30 AM	Body Pump w/Jen	10:00 AM	Body Combat w/Meredith	9:30 AM	Video Cycle 45 w/Sherri
9:30 AM	Body Pump w/Fiona	4:30 PM	Power Ride 45 w/Maria	10:15 AM	Body Pump w/Aaron
10:40 AM	Body Flow w/Kristen	5:45 PM	Pound w/Mollie	5:30 PM	Body Pump w/Linda
5:30 PM	Body Combat w/Trisha or Martha	6:45 PM	Strong HIIT w/Chrys	5:30 PM	Power Ride 60 w/Melanie
5:30 PM	Video Cycle w/Mike	7:40 PM	Body Pump w/Hunny	5:30 PM	Resorative Yoga w/Rebecca
6:00 PM	Power Yoga w/Leela			6:40 PM	Dance Fitness w/Linda
6:30 PM	Body Pump w/Michael			7:45 PM	Body Combat w/Marie
7:15 PM	Restorative Yoga w/Leela				

Thursday		Friday	
5:30 AM	Boot Camp w/Kristen	5:15 AM	Cycle Sculpt w/Cheryl
5:30 AM	Power Ride 45 w/Aaron	8:30 AM	Power Barre w/Kathleen
9:30 AM	Cycle Sculpt w/Diana	9:30 AM	Body Pump w/Kristen
9:30 AM	Body Flow w/Kristen	10:40 AM	Cardio Dance w/Jessika
4:30 PM	Vinyasa Flow w/Melissa	5:30 PM	Body Pump w/Linda
5:30 PM	Body Pump w/David	6:45 PM	Pound w/Mollie
6:30 PM	Cycle Sculpt w/Diana		
6:45 PM	Zumba w/Chrys		

Starts Dec

Saturday		Sunday	
7:30 AM	Video Cycle w/Sherri	8:15 AM	Circuit Training
8:30 AM	Zumba w/Chrys	9:00 AM	Power Yoga w/Michelle
8:30 AM	Body Flow w/Trisha	9:15 AM	Power Ride w/Tracy
9:00 AM	Power Ride 45 w/Lynda	10:15 AM	Body Pump w/Trisha
9:30 AM	Body Pump w/Fiona	3:00 PM	Video Cycle w/Sherri
10:30 AM	Body Combat w/Jen	4:00 PM	Pound w/Mollie

Yoga Studio

Cycle Studio