



# Group Fitness Schedule : Studio 1 Renovation Effective December 9, 2019

TIME CLASS INSTRUCTOR / STUDIO

## Monday

5:30 – 6:20 am	Studio Cycle .....	Julie S. C
6:30 – 7:00 am	HIIT .....	Julie S. 2
9:00 – 10:00 am	Pilates Mat .....	Linda K. 2
9:30 – 10:20 am	Studio Cycle .....	Patti Z. C
10:30 – 11:30 am	Yoga (Multi-Level) .....	Erica M. 2
12:00 – 12:30 pm	SPRINT .....	Raquel F. C
12:00 – 1:00 pm	Aqua: Athletic .....	Lisa H. P
12:00 – 1:30 pm	Vinyasa Flow Yoga .....	Erica M. 2
4:00 – 5:00 pm	Vinyasa Flow Yoga .....	Gina S. 2
5:45 – 6:45 pm	Aqua: Yoga .....	Kraig F. P
5:45 – 7:00 pm	Yoga (Multi-Level) .....	Brittany Z. 2
6:00 – 6:30 pm	SPRINT .....	Jason P. C
7:00 – 7:50 pm	Studio Cycle .....	Stephanie H. C
7:00 – 8:00 pm	Yoga Sculpt .....	Kraig F. 2
8:00 – 9:15 pm	Hot Room Yoga .....	Kraig F. 2

## Tuesday

6:00 – 6:50 am	Studio Cycle .....	Suzanne H. C
7:00 – 7:30 am	SPRINT .....	Jennifer T. C
7:00 – 8:00 am	Yoga (Multi-Level) .....	Whitney P. 2
8:15 – 8:45 am	GRIT Cardio .....	Nikki S. 2
8:30 – 9:20 am	Studio Cycle .....	Jennifer T. C
8:45 – 9:15 am	CXWORX .....	Nikki S. 2
9:30 – 10:30 am	Pilates Mat .....	Brock C. 2
10:30 – 11:30 am	Yoga Sculpt .....	Raquel F. 2

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12:00 – 1:00 pm	Ashtanga Power Yoga .....	Mary K. 2
4:30 – 5:30 pm	Cardio Sculpt .....	Lisa H. 2
5:45 – 7:00 pm	Vinyasa Flow Yoga .....	Bradshaw W. 2
6:30 – 7:20 pm	Studio Cycle .....	Jennifer T. C
7:00 – 8:00 pm	Yoga Sculpt .....	Samantha M. 2
8:00 – 9:00 pm	Pilates Mat .....	Paul R. 2

## Wednesday

6:00 – 7:00 am	Yoga Sculpt .....	Angelica C. 2
6:00 – 6:50 am	Studio Cycle .....	Stephanie J. C
8:30 – 9:30 am	Yoga Sculpt .....	Samantha M. 2
9:30 – 11:00 am	Yoga (Multi-Level) .....	Samantha M. 2
12:00 – 12:50 pm	Studio Cycle .....	Mark M. C
12:00 – 1:00 pm	Pilates Mat .....	Brock C. 2
12:00 – 1:00 pm	Aqua: TBT .....	Lisa H. P
4:00 – 5:00 pm	Vinyasa Flow Yoga .....	Gina S. 2
6:00 – 6:30 pm	SPRINT .....	Nikki S. C
6:00 – 7:00 pm	Aqua: TBT .....	Lisa H. P
6:00 – 7:15 pm	Yoga (Multi-Level) .....	Kali O. 2
6:45 – 7:35 pm	Studio Cycle .....	Kaitlyn F. C
7:15 – 8:15 pm	BODYJAM .....	Nikki S. 2

2 = Studio 2

C = Cycle Studio

P = Pool



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<b>Thursday</b>		
6:00 – 6:50 am	Studio Cycle .....	Mark M. C
6:00 – 7:00 am	Yoga (Multi-Level) .....	Rebecca D. 2
9:00 – 10:00 am	Cardio Sculpt .....	Raquel F. 2
9:30 – 10:00 am	SPRINT .....	Nikki S. C
10:00 – 10:30 am	CXWORX .....	Nikki S. 2
10:30 – 11:30 am	Yoga (Multi-Level) .....	Erica M. 2
12:00 – 1:15 pm	Vinyasa Flow Yoga .....	Annie B. 2
4:15 – 5:15 pm	Yoga Sculpt .....	Chelsea W. 2
5:30 – 6:20 pm	Studio Cycle .....	Chelsea W. C
5:30 – 6:45 pm	Ashtanga Power Yoga .....	Mary K. 2
6:45 – 8:00 pm	Vinyasa Flow Yoga .....	Stephanie S. 2

TIME	CLASS	INSTRUCTOR / STUDIO
<b>Friday</b>		
5:30 – 6:00 am	Studio Strength Express .....	Julie S. 2
6:00 – 6:50 am	Studio Cycle .....	Julie S. C
6:00 – 7:00 am	Hatha Yoga .....	Ken C. 2
7:00 – 7:30 am	SPRINT .....	Jane G. C
9:00 – 10:00 am	Pilates Mat .....	Brock C. 2
9:30 – 10:20 am	Studio Cycle .....	Sarah R. C
11:00 – 12:30 pm	Yoga (Multi-Level) .....	Jessica Anne T. 2
12:30 – 1:45 pm	Yin Yoga .....	Ken C. 2
4:00 – 5:00 pm	Vinyasa Flow Yoga .....	Gina S. 2
5:00 – 6:00 pm	Yin Yoga .....	Gina S. 2

TIME	CLASS	INSTRUCTOR / STUDIO
<b>Saturday</b>		
8:00 – 8:50 am	Studio Cycle .....	Michel F. C
8:15 – 9:15 am	Aqua: TBT .....	Meg M. P
9:00 – 9:50 am	Studio Cycle .....	Michel F. C
9:00 – 10:00 am	Yoga Sculpt .....	Meghan G. 2
10:00 – 11:00 am	Yoga (Multi-Level) .....	Ken C. 2
11:00 – 12:00 pm	Vinyasa Flow Yoga .....	Ken C. 2
12:00 – 1:00 pm	Pilates Mat (Advanced) .....	Linda K. 2
1:00 – 2:00 pm	Yoga Sculpt .....	Kraig F. 2
2:00 – 3:30 pm	Hot Room Yoga .....	Kraig F. 2

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<b>Sunday</b>		
8:00 – 9:30 am	Vinyasa Flow Yoga .....	Whitney P. 2
9:00 – 9:50 am	Studio Cycle .....	Suzanne H. C
10:45 – 11:15 am	SPRINT .....	Jennifer T. C
10:45 – 11:45 am	BODYCOMBAT .....	Hannah C. 2
11:00 – 12:00 pm	Aqua: Athletic .....	Christina B. P
12:00 – 1:30 pm	Yoga (Multi-Level) .....	Ken C. 2
1:30 – 2:00 pm	Meditation .....	Ken C. 2
2:00 – 3:00 pm	Pilates Mat .....	Linda K. 2
4:00 – 5:30 pm	Yin Yoga .....	Ken C. 2
5:00 – 5:50 pm	Studio Cycle .....	Stephanie H. C
6:00 – 7:00 pm	Vinyasa Flow Yoga .....	Brittany Z. 2