



Group Fitness Schedule

Effective July 22, 2019

TIME CLASS INSTRUCTOR / STUDIO

Monday

6:00 – 7:00 am	BODYPUMP	Alyssa O. 2
7:00 – 8:00 am	Vinyasa Flow Yoga.....	Mindy G. 2
9:30 – 10:20 am	Studio Cycle	Sarah R. C
10:30 – 11:00 am	CXWORX.....	Sarah R. 2
12:00 – 12:30 pm	Row360	Chelsea W. R
12:00 – 1:00 pm	Barre	MacKay W. 2
5:00 – 5:30 pm	GRIT Cardio	Melinda M. 2
5:30 – 6:30 pm	Yoga (Multi-Level)	Ashley S. 2
6:00 – 6:50 pm	Studio Cycle	Amy S. C
6:30 – 7:30 pm	Vinyasa Flow Yoga.....	Stefanie C. 2
7:00 – 7:30 pm	SPRINT	Amy S. C

Tuesday

5:30 – 6:00 am	GRIT Strength	Cheryl N. 2
6:30 – 7:20 am	Studio Cycle	David S.A. C
9:00 – 10:00 am	Vinyasa Flow Yoga.....	Stephanie H.F. 2
9:30 – 10:20 am	Studio Cycle	Traci C. C
10:00 – 11:00 am	Ballet Burn	Katie D. 2
12:00 – 12:50 pm	Studio Cycle	Traci C. C
12:00 – 1:00 pm	Aqua: TBT.....	Stephanie J. P
4:00 – 4:30 pm	HIIT	Laura D. 2
4:30 – 5:30 pm	Yoga (Multi-Level)	Laura D. 2
5:30 – 6:00 pm	CXWORX.....	Donna P. 2
6:00 – 6:50 pm	Studio Cycle	Peter H. C
6:00 – 7:00 pm	Pilates Mat	Penny S. 2
7:00 – 8:00 pm	Barre BURN.....	Hayley R. 2

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Wednesday

6:00 – 6:30 am	Row360	Libby R. R
6:00 – 6:50 am	Studio Cycle	Lindsay A. C
6:00 – 7:00 am	Vinyasa Flow Yoga.....	Samantha M. 2
9:00 – 10:00 am	Yoga Sculpt	Kraig F. 2
9:30 – 10:45 am	Studio Cycle (75min).....	Julie S. C
11:15 – 12:15 pm	Zumba	Alberto A. 2
12:00 – 12:30 pm	Row360	Alexis A. R
12:15 – 1:00 pm	Ballet Burn	Alberto A. 2
5:00 – 6:00 pm	Yin Yoga.....	Jen G. 2
6:00 – 7:00 pm	Barre	Jen W. 2
6:15 – 6:45 pm	SPRINT	Carlye W. C
6:30 – 7:00 pm	Row360	Traci C. R
7:00 – 8:00 pm	Aqua: TBT	Carlye W. P
7:00 – 8:00 pm	Yoga Sculpt	Stephanie F. 2

2 = Studio 2 **CF** = Cardio Floor **R** = Row Studio
P = Pool **C** = Cycle Studio

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Thursday

6:00 – 7:00 am	BODYPUMP	Stephanie J. 2
7:00 – 7:30 am	SPRINT	Stephanie J. C
9:00 – 9:45 am	Tread & Shred	Jody B. CF
9:00 – 10:30 am	Yoga (Multi-Level)	Samantha M. 2
9:30 – 10:00 am	Row360	Traci C. R
12:00 – 12:50 pm	Studio Cycle	Julie S. C
12:00 – 1:00 pm	Barre	Therese C. 2
12:00 – 1:00 pm	Aqua: Athletic	Stephanie J. P
5:30 – 6:30 pm	Yoga Sculpt	Paul R. 2
6:00 – 6:50 pm	Studio Cycle	Donna P. C
6:30 – 7:00 pm	Row360	Jackie S. R
6:30 – 7:45 pm	Yoga (Multi-Level)	Meghan M. 2

Friday

6:00 – 6:50 am	Studio Cycle	David S.A. C
6:30 – 7:00 am	Row360	Chelsea W. R
9:30 – 10:20 am	Studio Cycle	Julie S. C
10:30 – 11:30 am	BODYPUMP	Carlye W. 2
12:00 – 1:00 pm	Vinyasa Flow Yoga	Samantha M. 2
4:30 – 5:30 pm	Yoga (Multi-Level)	Mary K. 2
5:00 – 5:30 pm	SPRINT	Alexis A. C
5:30 – 7:00 pm	Ashtanga Power Yoga	Mary K. 2

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Saturday

8:00 – 9:00 am	Yoga Sculpt	Scott Z. 2
9:00 – 9:50 am	Studio Cycle	Jen P. C
9:00 – 10:00 am	Pilates Mat	Penny S. 2
10:00 – 10:50 am	Studio Cycle	Stephanie H. C
10:00 – 11:00 am	Yoga (Multi-Level)	Ashley S. 2
10:30 – 11:00 am	Row360	Stephanie F. R
11:30 – 12:30 pm	Zumba	Laura L.D. 2

Sunday

8:30 – 9:00 am	GRIT Cardio	Cheryl N. 2
9:00 – 9:50 am	Studio Cycle	Traci C. C
9:00 – 10:00 am	BODYPUMP	Cheryl N. 2
10:30 – 11:00 am	Row360	Jackie S. R
10:30 – 11:30 am	Vinyasa Flow Yoga	Meghan M. 2
11:30 – 12:30 pm	Barre	Meghan M. 2
4:00 – 4:50 pm	Studio Cycle	David S.A. C
5:00 – 6:15 pm	Yoga (Multi-Level)	Mindy G. 2