



GROUP FITNESS SCHEDULE

September 4 - October 29

Included with your membership!

Monday	Class	Instructor	Location	Level
6:00am	Sculpt Yoga (45) <i>NEW</i>	Julie	Group Studio	beginner-advanced
9:15am	Total Strength (60)	Schelly	Group Studio	beginner-advanced
5:00pm	CxWorx™ (30)	Kathy	Group Studio	beginner-advanced
5:30pm	Cycle Express (45)	Cindy	AER A294	beginner-advanced
5:30pm	Body Combat™ (60)	Kathy	Group Studio	beginner-advanced
6:15pm	Core & Spine (45)	Katy	SRC Multi-Purpose	beginner-advanced
6:35pm	STEP (60)	Cindy	Group Studio	beginner-advanced
7:00pm	Yoga (60)	Katy	SRC Multi-Purpose	beginner-advanced
Tuesday	Class	Instructor	Location	Level
6:00am	Y-FIT (45)	Brian	Group Studio/Track	beginner-advanced
9:30am	Fall Running Program (90)	Kevin	Track/Outdoors	beginner-interm
9:15am	Zumba™ (60)	Sandy W.	Group Studio	beginner-advanced
11:00am	Senior Fitness (60)	Paul	Group Studio	beginner-interm
5:30pm	R.I.P.P.E.D™ (60)	Ted	Group Studio	beginner-advanced
6:35pm	Barre Body™ (60)	Heidi	Group Studio	beginner-advanced
6:35pm	Yoga (60)	Paul	SRC Multi-Purpose	beginner-advanced
Wednesday	Class	Instructor	Location	Level
5:45am	Fall Running Program (90)	Kevin	Track/Outdoors	beginner-interm
6:00am	Cycle (60)	Julie	AER A294	beginner-advanced
9:15am	Total Strength (60)	Schelly	Group Studio	beginner-advanced
5:30pm	Zumba™ (60)	Deanna	Group Studio	beginner-advanced
6:00pm	Yoga (60)	Paul	SRC Multi-Purpose	beginner-advanced
6:35pm	Y-Fit (45)	Brian	Group Studio	beginner-advanced
Thursday	Class	Instructor	Location	Level
6:00am	Y-FIT (45)	Brian	Group Studio/Track	beginner-advanced
9:30am	Cardio HIIT/Tabata (45)	Kate	Group Studio	beginner-advanced
11:00am	Senior Fitness (60)	Paul	Group Studio	beginner-interm



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Thursday Cont.	Class	Instructor	Location	Level
5:00pm	CxWorx™ (30)	Cindy	Group Studio	beginner-advanced
5:30pm	Willpower & Grace™ (60)	Cindy	SRC Multi-Purpose	beginner-advanced
5:30pm	Y-Cuts (60)	Margaret	Group Studio	beginner-advanced
5:30pm	Cycle (60) <i>NEW</i>	Audie	AER A294	beginner-advanced
6:35pm	Yoga (60)	Karlie	SRC Multi-Purpose	beginner-advanced
7:00pm	Zumba Toning (60) <i>NEW</i>	Sandy J.	Group Studio	beginner-advanced
Friday	Class	Instructor	Location	Level
5:45am	Yoga (60)	Katy	Group Studio	beginner-interm
9:15am	Zumba (60)	Michelle	Group Studio	beginner-advanced
9:15am	Full Body Conditioning(45)	Terrlicia	AER A294	beginner-advanced
Saturday	Class	Instructor	Location	Level
7:15am	Barre Body™ (60) <i>NEW</i>	Heidi	Group Studio	beginner-advanced
8:15am	Body Combat™ (60)	Aubrey	Group Studio	beginner-advanced
8:30am	Cycle (60)	Rotation	AER A294	beginner-advanced
9:15am	Zumba™ (60)	Deanna/Marie	Group Studio	beginner-advanced
9:30am	Full Body Conditioning (45)	Terrlicia	AER A294	beginner-advanced
11:15am	Senior Fitness (60)	Dan	Group Studio	beginner-interm
Sunday	Class	Instructor	Location	Level
9:15am	Interval (45)	Maggie	Group Studio	beginner-advanced