

Group Fitness Schedule

effective 3/1/18

WEST AEROBICS ROOM	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00		Rip - Colleen		Rip - Colleen			
5:25	Body Shred - Bethany		Body Shred - Bethany				
6:00	Yoga - Bethany	On The Ball 45 min - Rick	Yoga - Bethany	On the Ball 45 min - Rick			
7:00						Cycle - Marsha	
8:00	Muscle Fire - Sarah	Tone Zone - Susan		Tone Zone - Susan		Rip - Colleen	
9:00	Zumba - Jess		Zumba Toning - Jess		Rip - Michelle		
9:15		Strong - Jess		Kickboxing Burn 45 min - Jess			
10:45					Strong - Jess		
12:00	Rip - Michelle		Tai Chi - Nancy		Rip - Kayla		
1:00	Tai Chi - Nancy	Super Chicks & Roosters - Diane		Super Chicks & Roosters - Diane			
2:30	Giggles & Wiggles						
4:30		Core Galore - Denise	Cycle - Marsha	Core Galore - Denise			
5:30	Rip - Colleen	Cycle - Marsha	Strong - Jess	Cycle - Colleen			
6:30	Art of Boxing - Mike	Get Some Weights - Krista	Art of Boxing Women Only - Mike	Get Some Weights - Krista			
7:30		Karate		Karate			

EAST AEROBICS ROOM	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:00		Rip - Mary		Rip - Kayla			
12:10		SWEAT 30 Min - Jess		Ropes Blast 40 min - Johnny			
1:00							Kids boxing
4:30	Battle Ropes - AJ	TRX - AJ	Battle Ropes - AJ				
5:30	F-HIIT - Johnny	Heavy Bags - Mike	Rip - Michelle	Strong - Jess			
6:30	Wheelmen (Jan-Apr)	Art of Boxing - Mike	Wheelmen (Jan-Apr)	Art of Boxing - Mike			

CYCLE STUDIO EAST	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:00	Cycle - Mary		Cycle Explosion - Kayla		Cycle Cross - Mary		
5:30		Cycle Fit - Cheryl		Cycle Fit - Cheryl			

POOL EAST	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00						Water Works - Wendy	
9:00		Aqua Yoga - Wendy		Water Works - Wendy			
5:30	Water Works - Wendy			Water Works - Wendy			

YOGA STUDIO EAST	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00		Ashtanga Yoga - Britnee		Gentle Flow Yoga - Britnee			
8:00						Yoga - Mallory	
9:00	Yoga - Debbie		Yoga - Debbie		Yoga - Debbie		
5:30	Yoga - Kathy		Yoga - Kathy				