

Group Fitness Schedule

effective 5/1/18

WEST AEROBICS ROOM	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00		Rip - Colleen		Rip - Colleen			
5:25			Body Shred - Bethany				
6:00		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		Core Challenge 45 min- Jess			
10:45					Strong - Jess		
12:00	Rip - Michelle	Tai Chi - Nancy (begins May 8)		Tai Chi - Nancy (begins May 10)	Rip - Mary		
1:00		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		Get Some Weights - Krista		Get Some Weights - Krista			
7:30		Karate		Karate			

EAST AEROBICS ROOM	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:00		Rip - Mary		Rip - Michelle			
12:10				Ropes Blast 40 min (Basketball Court) - Johnny			
1:00							Kids boxing - Mike
4:30	Battle Ropes (Basketball Court) - AJ	TRX - AJ	Battle Ropes (Basketball Court) - AJ	Strong - Jess			
5:30	F-HIIT - Johnny	MMA - TJ		MMA - TJ			
6:30	Art of Boxing - Mike	Art of Boxing - Mike	Art of Boxing Women Only - Mike	Art of Boxing - Mike			

CYCLE STUDIO EAST	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:00	Cycle - Mary		Cycle Explosion - Mary		Cycle Cross - Mary		

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
8:00						Yoga - Mallory	
9:00		Yoga May 1- June 5 - Sara		Yoga May 1- June 5 - Sara			
5:30		Yoga May 1- June 5 - Sara		Yoga May 1- June 5 - Sara			