

# GROUP EXERCISE SCHEDULE

## EFFECTIVE: MONDAY, NOVEMBER 19, 2018

| DAY                   |                                    |  |        | EVENING              |                                    |                              |  |
|-----------------------|------------------------------------|--|--------|----------------------|------------------------------------|------------------------------|--|
| <b>MONDAY</b>         |                                    |  |        |                      |                                    |                              |  |
| Time                  | Upper Gym                          | Lower Gym                              | Studio | Time                 | Upper Gym                          | Lower Gym                    | Studio                                       |
| 6:00-7:00AM           | Circuit - Ron                      |  |        | 4:45-6:00PM          | Cardio Fusion-<br>Lori             |                              |  |
| 8:30 - 9:30AM         | Pilates -DENISE                    |  |        | 5:15-6:15PM          |                                    | Tabata/Lower<br>Body - JEAN  |  |
| <b>9:45 - 10:45AM</b> | <b>ZUMBA<br/>with NIKKI</b>        |  |        | 6:15-7:15PM          | Cardio/Strength<br>Blast - KITTY   |                              | Indoor Cycling<br>Katie                      |
| 11:00-12:00AM         |                                    | Lite Combo<br>Linda                    |        | 6:30 - 7:45PM        |                                    | TOTAL BODY<br>Ann Marie      |  |
|                       |                                    |  |        | 7:30-8:30PM          | LI/B.S. - MISTY                    |                              |  |
| <b>TUESDAY</b>        |                                    |  |        |                      |                                    |                              |  |
| Time                  | Upper Gym                          | Lower Gym                              | Studio | Time                 | Upper Gym                          | Lower Gym                    | Studio                                       |
| 5:45-7:00AM           | Total Body<br>Conditioning<br>JUDI | 7:00 - 8:00AM<br>Cardio Sculpt<br>BARB |        | 4:45-5:45PM          | INSANITY<br>PLUS<br>KELLY          |                              | 5:30 - 6:15PM<br>Indoor Cycling<br>KITTY     |
| 8:30-9:30AM           |                                    | Pilates w/Props<br>ROZ                 |        | 6:30 - 7:30PM        |                                    | POWER Sculpt<br>KITTY        |  |
| 9:30 - 10:30AM        | TABATA<br>KATHY                    |  |        | 7:30 - 8:30PM        | HI/LO/B.S.-<br>Misty               |                              |  |
| 9:30 - 10:30AM        |                                    | Pilates w/Props<br>ROZ                 |        |                      |                                    |                              |  |
| 10:30-11:15AM         |                                    | SR. Cond-Karen                         |        |                      |                                    |                              |  |
| <b>WEDNESDAY</b>      |                                    |  |        |                      |                                    |                              |  |
| Time                  | Upper Gym                          | Lower Gym                              | Studio | Time                 | Upper Gym                          | Lower Gym                    | Studio                                       |
| 6:00 - 7:00AM         | CIRCUIT - Ron                      |  |        | 5:00 - 6:00PM        | TABATA<br>LORI                     |                              |  |
| 8:30 - 9:30AM         |                                    | Red Hot Barre<br>DENISE                |        | 6:00 - 7:00PM        | <b>STEP<br/>AEROBICS<br/>TERRY</b> |                              | <b>6:00 - 7:30pm<br/>FLEX SPIN<br/>KATIE</b> |
| 8:30-10:00AM          | Cardio Mix &<br>More - Jenny       |  |        | 6:30 - 7:30PM        |                                    | YOGA<br>SHARON               |  |
| 9:30 - 10:30AM        |                                    | YOGA<br>Bethanne                       |        | 7:30-8:30PM          | Interval Step<br>Misty             |                              |  |
| 11:00-12:00PM         |                                    | Lite Combo<br>LINDA                    |        |                      |                                    |                              |  |
| <b>THURSDAY</b>       |                                    |  |        |                      |                                    |                              |  |
| Time                  | Upper Gym                          | Lower Gym                              | Studio | Time                 | Upper Gym                          | Lower Gym                    | Studio                                       |
| 5:45 - 7:00AM         | CARDIO - JUDI                      |  |        | 5:30 - 6:30PM        | Cardio Fusion<br>Patty             |                              |  |
| 7:00 - 8:00AM         |                                    | Body Sculpting<br>Barb                 |        | <b>6:00 - 7:15PM</b> |                                    | <b>PILATES<br/>Ann Marie</b> |  |
| 9:00-10:15AM          |                                    | Pilates w/Props<br>ROZ                 |        | 6:30 - 7:30PM        | YOGA<br>CHRISTINA                  |                              |  |
| 9:30-10:30AM          | Cardio Fusion<br>Kathy             |  |        | 7:30 - 8:30PM        | STEP<br>WITH<br>MISTY              |                              |  |
| 10:30-11:15AM         |                                    | Sr.Cond-Karen                          |        |                      |                                    |                              |  |
| <b>FRIDAY</b>         |                                    |  |        |                      |                                    |                              |  |
| Time                  | Upper Gym                          | Lower Gym                              | Studio | Time                 | Upper Gym                          | Lower Gym                    | Studi  |
| 6:00 - 7:00AM         | Circuit - RON                      |  |        |                      |                                    |                              |  |
| 7:00 - 8:00AM         | TABATA-Kathy                       |  |        |                      |                                    |                              |  |
| 9:30 - 10:15AM        |                                    | Zumba Gold-<br>NIKKI                   |        |                      |                                    |                              |  |
| 10:00- 11:00AM        | Body Shaping<br>Lynn               |  |        |                      |                                    |                              |  |

# WEEKEND SCHEDULE

| <i><b>SATURDAY</b></i> |  |                                  |                                 |
|------------------------|--|----------------------------------|---------------------------------|
| <b>Time</b>            | <b>Upper Gym</b>                                     | <b>Lower Gym</b>                 | <b>Studio</b>                   |
| 8:30-10:00AM           | Basic Training<br>ED                                 |                                  |                                 |
| 8:45-10:00AM           |  | STEP<br>SHARON                   | 9:00-10:00AM<br>Cycling - Katie |
| 10:00 - 11:00AM        | TABATA<br>Alternating Inst.<br>Kitty/Terry<br>Denise | YOGA<br>Christina &<br>Maria     |                                 |
| <i><b>SUNDAY</b></i>   |  |                                  |                                 |
| 9:00 - 10:15AM         | One Step Beyond<br>JUDI/SHARON                       |                                  |                                 |
| 10:00 - 11:00AM        |  | Red Hot Dance<br>BARRE<br>DENISE |                                 |

## CLASS KEY

|   |   |
|---|---|
| <b>B.S. - Body Shaping</b>  | <b>L.I./ABS - Low Impact/Abdominal Work</b> |
| <b>B.S.+ - Body Shaping Plus</b>  | <b>L.I./B.S. - Low Impact/Body Shaping</b>  |
| <b>Body Definition - Total Body Workout</b>   | <b>LI/SCULPT - Low Impact/Sculpt</b>        |
| <b>Cardio Fusion - mixture of various types of aerobics, body sculpting &amp; pilates</b> | <b>O.S.B. - One Step Beyond</b>             |
| <b>C.C. - Circuit Class</b>   | <b>RHDFB - Red Hot Dance Fitness Barre</b>  |
| <b>C/Sculpt - Cardio Sculpt</b>   | <b>S.A. - Step Aerobics</b>                 |
| <b>Flex Spin - Three 1/2 hour segments - 3 levels</b>                                     | <b>Sr. Cond. - Senior Conditioning</b>      |
| <b>I.S.T. - Interval Step Training</b>  |   |
| <b>I.C. - INDOOR CYCLING</b>  |   |
| <b>LC. - LITE COMBO</b>   |   |