

# **GROUP EXERCISE SCHEDULE**

## **EFFECTIVE: MONDAY, MARCH 18, 2019**

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-Lori		
8:30 - 9:30AM	Pilates -DENISE			5:15-6:15PM		Tabata/Lower Body - JEAN	
<b>9:45 - 10:45AM</b>	<b>ZUMBA with NIKKI</b>			6:15-7:15PM	Cardio/Strength Blast - KITTY		Indoor Cycling Katie
11:00 12:00AM		Lite Combo Linda		6:30 - 7:45PM		TOTAL BODY 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 Conditioning JUDI	7:00 - 8:00AM Cardio Sculpt BARB		4:45-5:45PM	INSANITY PLUS KELLY		5:30 - 6:15PM Indoor Cycling KITTY
8:30-9:30AM		Pilates w/Props ROZ		6:30 - 7:30PM		POWER Sculpt KITTY	
9:30 - 10:30AM	TABATA KATHY			7:30 - 8:30PM	HI/LO/B.S.- Misty		
9:30 - 10:30AM		Pilates w/Props 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 LORI		
8:30 - 9:30AM		Red Hot Barre DENISE		6:00 - 7:00PM	STEP AEROBICS TERRY		6:00 - 7:30pm FLEX SPIN KATIE
8:30-10:00AM	Cardio Mix & More - Jenny			6:30 - 7:30PM		YOGA SHARON	
9:30 - 10:30AM		YOGA Bethanne		7:30-8:30PM	Interval Step Misty		
11:00-12:00PM		Lite Combo 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 Patty		
7:00 - 8:00AM		Body Sculpting Barb		<b>6:00 - 7:15PM</b>		<b>PILATES Ann Marie</b>	
9:00-10:15AM		Pilates w/Props ROZ		6:30 - 7:30PM	YOGA KATE		
9:30-10:30AM	Cardio Fusion Kathy			7:30 - 8:30PM	STEP WITH 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						
9:45-10:30AM		Zumba Gold-NIKKI					
10:00-11:00AM	Body Shaping 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 ED		
8:45-10:00AM		STEP SHARON	9:00-10:00AM Cycling - Katie
10:00 - 11:00AM	TABATA Alternating Inst. Kitty/Terry Denise	YOGA WITH KATE	
<i><b>SUNDAY</b></i>			
8:30-9:30AM		<b>TOTAL BODY WITH LORI</b>	
9:00 - 10:15AM	One Step Beyond JUDI/SHARON		

## CLASS KEY

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