

# **GROUP EXERCISE SCHEDULE**

## **EFFECTIVE: MONDAY, SEPTEMBER 9, 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>9:30 - 10:30AM</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 JUDI			5:00 - 6:00PM	TABATA with TERRY		
7:00 - 8:00AM		Cardio Sculpt BARB		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	Pilates w/Props ROZ		7:30 - 8:30PM	HI/LO/B.S. - Misty		
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	<b>STEP AEROBICS TERRY</b>		<b>6:00 - 7:30pm FLEX SPIN KATIE</b>
8:30-10:00AM	Cardio Mix & More - Jenny			6:30 - 7:30PM		YOGA SHARON	
11:00-12:00PM		Lite Combo LINDA		7:30-8:30PM	Interval Step Misty		
<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>	
8:30 - 9:30AM		Pilates w/Props ROZ		6:30 - 7:30PM	YOGA WITH KATE		
9:30- 10:30AM	Cardio Fusion Kathy	Pilates w/Props ROZ		7:30 - 8:30PM	STEP - 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- 10:30AM		Zumba Gold-NIKKI					
10:00- 11:00AM	Body Shaping Lynn						

# WEEKEND SCHEDULE

<b>SATURDAY</b>			
<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 MARIA	
<b>SUNDAY</b>			
8:30-9:30AM		<b>TOTAL BODY WITH LORI</b>	
9:00 - 10:15AM	One Step Beyond JUDI/SHARON		

## CLASS KEY

**B.S. - Body Shaping**

**B.S.+ - Body Shaping Plus**

**Body Definition - Total Body Workout**

**Cardio Fusion - mixture of various types of aerobics, body sculpting & pilates**

**C.C. - Circuit Class**

**C/Sculpt - Cardio Sculpt**

**Flex Spin - Three 1/2 hour segments - 3 levels**

**I.S.T. - Interval Step Training**

**I.C. - INDOOR CYCLING**

**LC. - LITE COMBO**

**L.I./ABS - Low Impact/Abdominal Work**

**L.I./B.S. - Low Impact/Body Shaping**

**LI/SCULPT - Low Impact/Sculpt**

**O.S.B. - One Step Beyond**

**RHDFB - Red Hot Dance Fitness Barre**

**S.A. - Step Aerobics**

**Sr. Cond. - Senior Conditioning**