

# GROUP EXERCISE SCHEDULE

## EFFECTIVE: MONDAY, SEPTEMBER 17, 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-Lori		
8:30 - 9:30AM		Pilates-DENISE		5:15-6:15PM		Tabata/Lower Body - JEAN	
<b>9:30 - 10:30AM</b>				6:15-7:15PM	Cardio/Strength Blast - KITTY		Indoor Cycling Katie
<b>9:45 - 10:45AM</b>	<b>ZUMBA with NIKKI</b>			6:30 - 7:45PM		TOTAL BODY Ann Marie	
11:00-12:00AM		L.C. - Linda		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		<b>4:45-5:45PM</b>	<b>INSANITY PLUS with KELLY</b>		5:30 - 6:15PM Indoor Cycling KITTY
8:30-9:30AM		Pilates w/Props ROZ		6:00 - 7:00PM	ZUMBA NIKKI		
<b>9:30 - 10:30AM</b>	TABATA KATHY			6:15 - 7:15PM		POWER Sculpt KITTY	
9:30 - 10:30AM		Pilates w/Props ROZ		7:30 - 8:30PM	HI/LO/BS MISTY		
10:30-11:15AM		SR. Cond-Karen					
<b>WEDNESDAY</b>							
Time	Upper Gym	Lower Gym	Studio	Time	Upper Gym	Lower Gym	Studio
5:30 - 6:30AM	CIRCUIT - Ron			5:00 - 6:00PM	TABATA LORI		
8:30 - 9:30AM		Red Hot Barre DENISE		<b>6:00 - 7:00PM</b>	<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 with SHARON	
<b>9:30 - 10:30AM</b>		<b>YOGA-BETHANNE</b>		7:00 - 8:00PM			
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>5:30 - 6:30PM</b>			<i>Soul Power Cycling - ANNIE</i>
<b>9:30- 10:30AM</b>	<b>Cardio Fusion Kathy</b>			<b>6:00 - 7:15PM</b>		<b>PILATES Ann Marie</b>	
9:00 - 10:15AM		Pilates w/ Props ROZ		6:30 - 7:30PM	YOGA with CHELSEA		
10:30-11:15AM		Sr.Cond-Karen		7:30 - 8:30PM	STEP Misty		
<b>FRIDAY</b>							
Time	Upper Gym	Lower Gym	Studio	Time	Upper Gym	Lower Gym	Studio
6:00 - 7:00AM	Circuit - RON						
7:00 - 8:00AM	TABATA-Kathy						
<b>9:30 - 10:15PM</b>		<b>"Zumba Gold" NIKKI</b>					
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		
8:30-10:00AM		STEP SHARON	9:00-10:00AM Cycling - Katie
10:00 - 11:00AM	TABATA Alternating Kitty/Terry Denise	<b>YOGA</b> <b>Christina</b> <b>&amp; Maria</b>	
<i><b>SUNDAY</b></i>			
<b>9:00 - 10:15AM</b>	One Step Beyond JUDI/SHARON		
<b>10:00 - 11:00AM</b>		<b>Red Hot Dance Barre with DENISE</b>	

## 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**