

# STUDIO A

11/01/19-12/01/19



**Sunday Monday Tuesday Wednesday Thursday Friday Saturday**

**POWER HOUR  
CYCLE**

6:00am-7:00am  
Justine

**TABATA  
CYCLE**

6:30am-7:00am  
Tony

**CYCLE FIT**

8:25am-8:55am  
Justine

**POWER HOUR  
CYCLE**

6:00am-7:00am  
Justine

**DANCE2FIT**

6:00pm-7:00pm  
Missy

**TABATA  
CYCLE**

6:30am-7:00am  
Tony

**CYCLE FIT**

8:25am-8:55am  
Justine

**POWER HOUR  
CYCLE**

6:00am-7:00am  
Justine

**BODYPUMP**

7:15pm-8:00pm  
Susan

**CYCLE  
FIT**

7:45am-8:45am  
Justine

**BODYPUMP**

9:00am-10:10am  
Susan

**TABATA CYCLE**

6:00pm-6:30pm  
Kim

**BEGIN TO  
CYCLE**

6:40pm-7:10pm  
Kim

**BODYPUMP**

7:15pm-8:00pm  
Susan

# FALL GROUP EXERCISE SCHEDULE

## AGE REQUIREMENTS:

- **Ages 12 to 15**  
A parent or guardian, 18 years or older, must be present with children in the Cardio fitness area and a waiver must be on file.
- **Ages 16-17**  
May use Fitness area without parent present but must have a waiver on file.

# STUDIO B

**Sunday Monday Tuesday Wednesday Thursday Friday Saturday**

**YOGA**

6:00am-7:00am  
Carole

**GROUP  
STRENGTH**

5:30am-6:15am  
Tony

**YOGA**

6:00am-7:00am  
Carole

**GROUP  
STRENGTH**

5:30am-6:15am  
Tony

**YOGA**

6:00am-7:00am  
Carole

**KICKFIT**

9:15am-9:45am  
Laura

**KICKFIT**

9:15am-9:45am  
Laura

**YOGA BEGIN**

9:15am-10:00am  
Carole

**SPEED**

9:50am-10:10am  
Laura

**YOGA**

9:30am-10:30am  
Justine

**SPEED**

9:50am-10:10am  
Laura

**YOGA**

9:30am-10:30am  
Justine

**YOGA**

5:30pm-6:30pm  
Justine

**CORE**

5:30pm-5:45pm  
Larwan

**YOGA**

5:30pm-6:30pm  
Justine

**CORE**

5:30pm-5:45pm  
Larwan

**POUND**

6:45pm-7:30pm  
Erin

**GROUP  
STRENGTH**

5:50pm-6:15pm  
Larwan

**GROUP  
STRENGTH**

5:50pm-6:15pm  
Larwan

