

GROUP EXERCISE SCHEDULE

Schedule Effective: **AUGUST 5, 2017**



See website and newsletter for special workshops & retreats.

M	T	W	TH	F	S	SU
6:00 - 6:45AM LEVEL XT <i>Jocie</i>	6:00 - 6:55AM BODYFLOW™ ▲ <i>Janet</i>	6:00 - 6:45AM TONE-IT <i>Jocie</i>	6:00 - 6:45AM FOAM ROLLING ▲ <i>Janet/Adriane</i>	6:00 - 6:45AM TABATA <i>Janet</i>	8:00 - 8:45AM MET BOOST <i>Adriane/Nicole</i>	8:45 - 9:30AM ZUMBA <i>Allison</i>
8:30 - 9:15AM BARRE-BODY ▲ <i>Stephanie</i>	8:00 - 9:30AM YOGA ▲ <i>Julie</i>	8:30 - 9:20AM BODYFLOW™ ▲ <i>Adriane</i>	8:00 - 9:30AM YOGA ▲ <i>Julie</i>	8:30 - 9:15AM BARRE-TONE ▲ <i>Jocie</i>	9:00 - 9:50AM CARDIO KICKBOX <i>Nicole</i>	9:35-10:00AM TABATA EXPRESS <i>Lori</i>
8:45-9:15AM TABATA EXPRESS <i>Janet</i>	9:00 - 9:45AM BURN FACTOR <i>Adriane</i>	9:00 -9:30AM BOSU EXPRESS <i>Derek</i>	9:00 - 9:45AM BURN FACTOR <i>Adriane</i>	9:20 - 10:15AM BODYFLOW™ ▲ <i>Janet</i>	9:00 - 10:30AM YOGA ▲ <i>Julie</i>	9:45 - 11:15AM YOGA ▲ <i>Nooshen</i>
9:30 - 10:15AM ZUMBA <i>Stephanie</i>	10:00 - 10:45AM CARDIO KICKBOX <i>Nicole</i>	9:45 - 10:30AM TONE-IT! <i>Nicole</i>	9:45 - 10:15AM TABATA EXTREME ▲ <i>Janet</i>	9:45 - 10:30AM LEVEL XT <i>Nicole</i>	10:00 - 10:55AM BODYFLOW™ <i>Stephanie</i>	10:15-11:10AM BODY FLOW <i>Stephanie</i>
9:30 - 10:10AM FOAM ROLLING ▲ <i>Kevin</i>	6:15 - 7:15PM ZUMBA <i>Luis</i>	10:00 - 10:45AM FOAM ROLLING ▲ <i>Kevin</i>	10:00 - 11:00AM ZUMBA <i>Luis</i>	10:20 - 11:00AM FOAM ROLLING ▲ <i>Kevin</i>	11:10AM - 12:00PM TAI CHI <i>Melissa</i>	
10:15 - 11:00AM PILATES MAT ▲ <i>Susan</i>	6:15-7:15PM PILATES MAT ▲ <i>Susan</i>	2:00 - 2:50PM TAI CHI <i>Melissa</i>	3:00 - 3:45PM WORKOUT 101 <i>Kevin</i>	3:00 - 3:45PM BAL/STGTH/FLEX <i>Mary Duke</i>	1:00-2:00PM ZUMBA <i>Luis</i>	
3:00 - 3:45PM BAL/STGTH/FLEX <i>Mary Duke</i>	7:00-7:45PM GYM CIRCUIT <i>Derek</i> <i>(max 8 persons)</i>	3:00 - 3:45PM BEG. PILATES <i>Melissa</i>	6:15 - 7:00PM CARDIO/CORE <i>Derek</i>	5:45 - 7:00PM YOGA ▲ <i>Julie</i>		
6:15 - 7:00PM LEVEL XT <i>Kathy</i>		4:00 - 4:45PM BAL/STGTH/FLEX <i>Mary Duke</i>				
		6:15 - 7:00PM STRENGTH CIRCUIT <i>Kathy</i>				
		7:00 - 8:30PM YOGA ▲ <i>Nooshen</i>				