

GROUP EXERCISE SCHEDULE

Schedule Effective: **JANUARY 2, 2018**



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>	8:30 - 10:00AM YOGA ▲ <i>Julie</i>	6:00 - 6:45AM TABATA EXTREME <i>Janet</i>	8:00 - 8:45AM MET BOOST <i>Nicole</i>	9:00 - 9:45AM ZUMBA <i>Allison</i>
8:30-9:25AM ▲ FREEDOM BARRE <i>Stephanie</i>	8:30 - 10:00AM YOGA ▲ <i>Julie</i>	8:30 - 9:20AM BODYFLOW™ ▲ <i>Janet</i>	9:00 - 9:45AM BURN FACTOR <i>Karen</i>	8:30 - 9:15AM BARRE-TONE ▲ <i>Jocie</i>	9:00 - 9:50AM CARDIO KICKBOX <i>Nicole</i>	9:45 - 11:15AM YOGA ▲ <i>Nooshen</i>
9:00- 9:45AM BUTTS & GUTS <i>Jocie</i>	9:00 - 9:45AM BURN FACTOR <i>Nicole</i>	9:45 - 10:30AM CARDIO SCULPT <i>Nicole</i>	10:00 - 11:00AM ZUMBA <i>Luis</i>	9:20-10:15AM BODYFLOW™ ▲ <i>Janet</i>	9:00 - 10:30AM YOGA ▲ <i>Julie</i>	
9:30 - 10:10AM FOAM ROLLING ▲ <i>Kevin</i>	10:00 - 10:45AM CARDIO KICKBOX <i>Nicole</i>	10:00 - 10:45AM FOAM ROLLING ▲ <i>Kevin</i>	3:00 - 3:45PM WORKOUT 101 <i>Kevin</i>	9:45 - 10:30AM LEVEL XT <i>Nicole</i>	10:00 - 10:55AM BODYFLOW™	
10:15 - 11:00AM PILATES MAT ▲ <i>Susan</i>	3:00 - 3:45PM NIA FREE DANCE <i>Sylvia</i>	2:00 - 2:50PM TAI CHI <i>Melissa</i>	6:15 - 7:00PM CARDIO/CORE <i>Derek</i>	10:30 - 11:10AM FOAM ROLLING ▲ <i>Kevin</i>	11:10AM - 12:00PM TAI CHI <i>Melissa</i>	
3:00 - 3:45PM BAL/ STGTH/FLEX <i>Mary Duke</i>	6:15 - 7:00PM PILATES MAT ▲ <i>Susan</i>	3:00 - 3:45PM BEG. PILATES <i>Melissa</i>		3:00 - 3:45PM BAL/STGTH/ FLEX <i>Mary Duke</i>		
6:15 - 7:00PM LEVEL XT <i>Kathy</i>	6:45 - 7:45PM ZUMBA <i>Luis</i>	4:00 - 4:45PM BAL/STGTH/FLEX <i>Mary Duke</i>		5:45 - 7:00PM YOGA ▲ <i>Julie</i>		
		6:15 - 7:00PM STRENGTH CIRCUIT <i>Kathy</i>				
		7:00 - 8:30PM YOGA ▲ <i>Nooshen</i>				