

GROUP EXERCISE SCHEDULE

Schedule Effective: **September 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 BODY FLOW™ ▲ <i>Janet</i>	6:00 - 6:45AM TONE-IT <i>Jocie</i>	6:00 - 6:45AM BODY FLOW™ ▲ <i>Janet/Adriane</i>	6:00 - 6:45AM TABATA EXTREME <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>	9:30 - 10:00 AM TABATA EXPRESS ▲ <i>Lori</i>
8:45 - 9:15AM TABATA EXPERS <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 BODY FLOW™ ▲ <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 EXPRESS ▲ <i>Janet</i>	9:45 - 10:30AM LEVEL XT <i>Nicole</i>	10:00 - 10:55AM BODY FLOW™ <i>Stephanie</i>	10:15 - 11:10 AM BODY FLOW ▲ <i>Stephanie</i>
9:30 - 10:10AM FOAM ROLLING ▲ <i>Kevin</i>	6:15 - 7:00 PM PILATES MAT ▲ <i>Susan</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 ZUMBA <i>Luis</i>	2:00 - 2:50PM TAI CHI <i>Melissa</i>	3:00 - 3:45PM WORKOUT 101 <i>Kevin</i>	3:00 - 3:45PM BALANCE, STRENGTH & FLEXIBILITY (BSF) <i>Mary Duke</i>	1:00 - 2:00 PM ZUMBA <i>Luis</i>	
3:00 - 3:45PM BALANCE, STRENGTH & FLEXIBILITY (BSF) <i>Mary Duke</i>	7:00 - 7:45 PM 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 BALANCE, STRENGTH & FLEXIBILITY (BSF) <i>Mary Duke</i>				
		6:15 - 7:00PM STRENGTH CIRCUIT <i>Kathy</i>				
		7:00 - 8:30PM YOGA ▲ <i>Nooshen</i>				