

# GROUP EXERCISE SCHEDULE

Schedule Effective: **November 1, 2021**

**All Live/Zoom unless otherwise noted**



See website and newsletter for special workshops & retreats.

M	T	W	TH	F	S	SU
<b>9:30-10:15AM</b> Barre ▲ Andrea		<b>7:00-7:45AM</b> Mat Pilates ▲ Andrea	<b>8:30-9:15AM</b> Rise & Shine Yoga Zoom Only Melissa			
<b>9:30-10:30AM</b> Mat Pilates Susan	<b>9:30-10:15AM</b> Burn Factor Nicole	<b>9:30-10:15AM</b> Level XT Nicole	<b>9:00-9:45AM</b> Burn Factor Monica	<b>9:00-9:45AM</b> Barre ▲ Andrea	<b>9:30-10:15AM</b> Cardio Kick Nicole	<b>9:30-10:20AM</b> Zumba Allison
<b>10:45-11:30AM</b> Foam Rolling ▲ Susan		<b>10:30-11:15AM</b> Foam Rolling ▲ Kevin	<b>10:00-10:45AM</b> Mat Pilates ▲ Andrea	<b>10:30 - 11:30AM</b> Body Flow Zoom Only Lori	<b>9:30-10:30AM</b> Mat Pilates ▲ Susan	
<b>4:00-4:45PM</b> BSAF Zoom Only MaryDuke	<b>10:30-11:15AM</b> Mat Pilates ▲ Andrea	<b>12:30-2:00PM</b> Yoga Zoom Only Julie		<b>11:00-11:50AM</b> BANG DANCE Valentina	<b>10:30 - 11:00 AM</b> Body Flow Zoom Only Janet	
<b>5:00-5:45PM</b> Tai Chi Scott (sub)		<b>3:00-3:45PM</b> BSAF Susan	<b>4:00-4:45PM</b> BSAF Zoom Only MaryDuke	<b>4:00-4:45PM</b> BSAF Zoom Only MaryDuke	<b>2:00-2:45PM</b> Tai Chi Scott (sub)	
<b>6:00-6:45PM</b> Strength Circuit Gina	<b>4:00-4:45PM</b> BSAF Zoom Only MaryDuke					
<b>6:15-7:00PM</b> Restorative Yoga Zoom Only Melissa	<b>5:00 - 6:00 PM</b> Body Flow Zoom Only Janet			<b>5:00-5:45PM</b> Restorative Yoga Zoom Only Melissa		

Email individual instructors by 8pm the day before to register for Zoom classes. A minimum of 4 participants per class.

Jocie: [jociebin@gmail.com](mailto:jociebin@gmail.com) Melissa: [Melsmail13@gmail.com](mailto:Melsmail13@gmail.com) Gina: [Denali\\_fitness@hotmail.com](mailto:Denali_fitness@hotmail.com) Janet: [Janet@levelfitness.com](mailto:Janet@levelfitness.com) Nicole: [Nicolepforster@gmail.com](mailto:Nicolepforster@gmail.com)

Julie: [julie@juliehollyyoga.com](mailto:julie@juliehollyyoga.com) Mary Duke: [Marydukesmith@gmail.com](mailto:Marydukesmith@gmail.com) Susan: [Sblake4420@gmail.com](mailto:Sblake4420@gmail.com) Monica: [Monmbyrd@gmail.com](mailto:Monmbyrd@gmail.com) Lori

[Lori.maggin@gmail.com](mailto:Lori.maggin@gmail.com) Andrea: [Andrea.narrow@gmail.com](mailto:Andrea.narrow@gmail.com) Kevin: [Kevinjscanlon@gmail.com](mailto:Kevinjscanlon@gmail.com) Allison: [coxdlaw@verizon.net](mailto:coxdlaw@verizon.net)

For general questions, please email [workout@levelfitness.com](mailto:workout@levelfitness.com) Valentina: [kaliada.v@gmail.com](mailto:kaliada.v@gmail.com)