

GROUP EXERCISE SCHEDULE

Schedule Effective: **OCTOBER 1st, 2018**



See website and newsletter for special workshops & retreats.

M	T	W	TH	F	S	SU
6:00 - 6:45AM LEVEL XT Jocie	6:00 - 6:55AM CXWORX/BODY FLOW™30/30 ▲ Janet	6:00 - 6:45AM TONE-IT Jocie	8:30 - 10:00AM CORE FLOW YOGA ▲ Julie	6:00 - 6:45AM TABATA EXTREME Janet	8:00 - 8:45AM MET BOOST Nicole	9:00 - 9:45AM ZUMBA Allison
9:00 - 9:45AM BUTTS & GUTS Jocie	8:30 - 10:00AM YOGA ▲ Julie	9:00 - 9:55AM BODYFLOW™ ▲ Janet	9:00 - 9:55AM BURN FACTOR Karen	8:30 - 9:15AM CARDIO PILATES Jocie	9:00 - 9:50AM CARDIO KICKBOX Nicole	10:00 - 11:30AM YOGA Nooshen
9:30 - 10:15AM PILATES MAT ▲ Susan	8:30 - 9:05AM TABATA EXPRESS Janet	9:45 - 10:30AM CARDIO SCULPT Nicole	10:00 - 10:50AM INTERNATIONAL DANCE Monica	9:15 - 10:15AM CXWORX/ BODY FLOW™ 30/30 ▲ Janet	9:00 - 10:30AM YOGA ▲ Julie	10:00 - 11:00AM CXWORX/ BODY FLOW™ 30/30 ▲ Lori (no class Oct. 7 th)
10:20 - 11:05AM FOAM ROLLING ▲ Susan	9:10 - 9:55AM BURN FACTOR Nicole	10:00 - 10:45AM FOAM ROLLING ▲ Kevin	3:00 - 3:45PM WORKOUT 101 Kevin	9:45 - 10:30AM LEVEL XT Nicole	11:10AM - 12:00PM TAI CHI Melissa	
3:00 - 3:45PM BAL/ STGTH/FLEX Mary Duke	10:00 - 10:45AM CARDIO KICKBOX Nicole	2:00-2:50PM TAI CHI Melissa	6:15 - 6:45PM CXWORX™ Katherine	10:30 - 11:10AM FOAM ROLLING ▲ Kevin		
		3:00 - 3:45PM BEG. PILATES Melissa				
4:00- 4:45PM BAL/ STGTH/FLEX Mary Duke	3:00 - 3:45PM WORKOUT 101 Kevin	4:00 - 4:45PM BAL/STGTH/FLEX Mary Duke		3:00 - 3:45PM BAL/STGTH/ FLEX Mary Duke		
6:15 - 7:00PM Level XT Kathy	5:45 - 6:45PM ZUMBA Monica	6:15 - 7:00PM STRENGTH CIRCUIT Kathy		5:45 - 7:00PM YOGA ▲ Julie		
	6:30 - 7:15PM ▲ MAT PILATES Susan	7:05 - 8:35PM YOGA Nooshen				