

GROUP EXERCISE SCHEDULE

Schedule Effective: **December 1, 2017**



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 BODYFLOW™ ▲ Janet	6:00 - 6:45AM TONE-IT Jocie	8:00 - 9:30AM YOGA ▲ Julie	6:00 - 6:45AM TABATA Janet	8:00 - 8:45AM MET BOOST Nicole	9:00 - 9:45AM ZUMBA Allison
8:30 - 9:15AM BARRE-BODY ▲ Stephanie	8:00 - 9:30AM YOGA ▲ Julie	8:30 - 9:20AM BODYFLOW™ ▲ Janet	9:00 - 9:45AM BURN FACTOR Derek	8:30 - 9:15AM BARRE-TONE ▲ Jocie	9:00 - 9:50AM CARDIO KICKBOX Nicole	9:45 - 11:15AM YOGA ▲ Nooshen
8:45-9:15AM TABATA EXPRESS Janet	9:00 - 9:45AM BURN FACTOR Nicole	8:45 -9:30AM TRX & BOSU Derek	9:45 - 10:15AM TABATA EXTREME ▲ Janet	9:20 - 10:15AM BODYFLOW™ ▲ Janet	9:00 - 10:30AM YOGA ▲ Julie	10:15-11:10AM BODYFLOW™ Stephanie
9:30 - 10:15AM ZUMBA Stephanie	10:00 - 10:45AM CARDIO KICKBOX Nicole	9:45 - 10:30AM TONE-IT! Nicole	10:00 - 11:00AM ZUMBA Luis	9:45 - 10:30AM LEVEL XT Nicole	10:00 - 10:55AM BODYFLOW™ Stephanie	
9:30 - 10:10AM FOAM ROLLING ▲ Kevin	3:00-3:45PM Nia Free Dance Sylvia	10:00 - 10:45AM FOAM ROLLING ▲ Kevin	3:00 - 3:45PM WORKOUT 101 Kevin	10:30 - 11:10AM FOAM ROLLING ▲ Kevin	11:10AM - 12:00PM TAI CHI Melissa	
10:15 - 11:00AM PILATES MAT ▲ Susan	6:15 - 7:15PM ZUMBA Luis	2:00 - 2:50PM TAI CHI Melissa	6:15 - 7:00PM CARDIO CORE Derek	3:00 - 3:45PM BAL/STGTH/FLEX Mary Duke		
3:00 - 3:45PM BAL/STGTH/FLEX Mary Duke	6:15-7:15PM ▲ PILATES MAT Susan	3:00 - 3:45PM BEG. PILATES Melissa		5:45 - 7:00PM YOGA ▲ Julie		
6:15 - 7:00PM LEVEL XT Kathy		4:00 - 4:45PM BAL/STGTH/FLEX Mary Duke				
		6:15 - 7:00PM STRENGTH CIRCUIT Kathy				
		7:00 - 8:30PM YOGA ▲ Nooshen				