

# STUDIO A

02/02/19-03/02/19



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>POWER HOUR CYCLE</b> 6:00am-7:00am Justine	<b>TABATA CYCLE</b> 6:30am-7:30am Tony	<b>POWER HOUR CYCLE</b> 6:00am-7:00am Justine	<b>TABATA CYCLE</b> 6:30am-7:30am Tony	<b>POWER HOUR CYCLE</b> 6:00am-7:00am Tony	<b>CYCLE FIT</b> 7:45am-8:45am Justine
		<b>CYCLE FIT</b> 8:25am-8:55am Justine		<b>CYCLE FIT</b> 8:25am-8:55am Justine		<b>BODYPUMP</b> 9:00am-10:05am Susan

**TABATA CYCLE**  
6:00pm-6:30pm  
Kim

**BEGIN TO CYCLE**  
6:40pm-7:10pm  
Kim

**BODYPUMP**  
7:15pm-8:00pm  
Susan

**DANCE2FIT**  
6:00pm-7:00pm  
Missy

**BODYPUMP**  
7:15pm-8:00pm  
Susan

# WINTER GROUP EXERCISE SCHEDULE

## AGE REQUIREMENTS:

- **Ages 12 to 15**  
A parent or guardian, 18 years or older, must be present with children in the Cardio fitness area and a waiver must be on file.
- **Ages 16-17**  
May use Fitness area without parent present but must have a waiver on file.

# STUDIO B

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>YOGA</b> 6:00am-7:00am Carole	<b>GROUP STRENGTH</b> 5:30am-6:15am Tony	<b>YOGA</b> 6:00am-7:00am Carole	<b>GROUP STRENGTH</b> 5:30am-6:15am Tony	<b>YOGA</b> 6:00am-7:00am Carole	
<b>KICKFIT</b> 9:15am-9:45am Laura			<b>KICKFIT</b> 9:15am-9:45am Laura			<b>YOGA BEGIN</b> 9:15am-10:00am Carole
<b>SPEED</b> 9:50am-10:10am Laura	<b>YOGA</b> 9:30am-10:30am Justine		<b>SPEED</b> 9:50am-10:10am Laura	<b>YOGA</b> 9:30am-10:30am Justine		

**YOGA**  
5:30pm-6:30pm  
Justine

**POUND**  
6:45pm-7:30pm  
Erin

**CORE**  
5:30pm-5:45pm  
Larwan

**GROUP STRENGTH**  
5:50pm-6:15pm  
Larwan

**YOGA**  
5:30pm-6:30pm  
Justine

**CORE**  
5:30pm-5:45pm  
Larwan

**GROUP STRENGTH**  
5:50pm-6:15pm  
Larwan

**STRALA YOGA**  
5:30pm-6:30pm  
Kendra



Please contact Brice Davis, Healthy Living and Sports Director, with questions.