



FALL 2019 EX SCHEDULE Effective Monday October 14th

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	5:30-6:30am INTERVAL TRAINING Larry	5:45-6:30am CYCLING* Megan	5:30-6:30am INTERVAL TRAINING Larry	5:45-6:30am CYCLING* Lori	5:45-6:40am P90X Stacey A.	7:15-8:00am CYCLING* Stacey C/Kellie
8:00-8:45am CYCLING* Stacey C	8:30-9:15am AQUAEROBICS Mary Beth	8:30-9:15am FitStart Marybeth	8:30-9:15am AQUAEROBICS Kerri	8:30-9:15am FitStart Marybeth	8:30-9:15am AQUAEROBICS Kerri	8:00-8:55am MUSCLE MASH-UP Dawn/Kellie
8:45-9:30am POUND!* Stacey C	9:15-10am CYCLING* Megan	9:15-10am CYCLING* Stacey C		8:30 - 9:15am Boogie Barre Mac (in Court)	9:15-10:00am CYCLING* Kellie	8:15-9:00am AQUAEROBICS Mary Beth/Kerri
9:45-10:45am YOGA Ann Marie	9:30-10:30am POWER HOUR Kellie	9:30-10:30am PILATES Lori	9:30-10:25am P90X Jen	9:30-10:25am YOGA FLOW Nelly	9:30-10:30am CARDIO BOOTCAMP Jenn	9:00-9:45am CYCLING* Tracey/Lisa
11am-1pm OPEN BOXING Karina						
	5:30-6:25pm BARRE Jen	5:30-6:25pm TOTALLY FIT Diane	5:30-6:30pm STEP INTERVAL Heidi	5:30-6:25pm MUSCLE MASH-UP Diane		
	5:45-6:30pm CYCLING* Lisa	6:00-6:45pm CYCLING* Kim	6:15-7:00pm CYCLING* Stacey C	6:15-7:00pm BANDS & BIKES* Tracey	5:45-6:30pm CYCLING* Stacey C	
	6:30-7:30pm MUSCLE MASH-UP Dawn	6:30-7:25pm YOGA Ann Marie		6:30-7:30pm ZUMBA Jackie		
			7:00-8:00pm OPEN BOXING Karina			

Classes marked (*) must be signed up for in advance, *starting @ 8pm the night before*.

Classes marked (**BOLD**) denotes a new class, time, or instructor.