



## FALL 2019 EX SCHEDULE

### Effective Monday September 9th

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>5:30-6:30am</b> <b>INTERVAL TRAINING</b> Larry	5:45-6:30am CYCLING* Megan	<b>5:30-6:30am</b> <b>INTERVAL TRAINING</b> Larry	5:45-6:30am CYCLING* Lori	5:45-6:40am P90X Stacey A.	<b>7:15-8:00am</b> <b>CYCLING*</b> 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	<b>8:00-8:55am</b> <b>MUSCLE MASH-UP</b> Dawn/Kellie
8:45-9:30am POUND!* Stacey C	9:15-10am CYCLING* Megan	9:15-10am CYCLING* Stacey C		<b>8:30 - 9:15</b> <b>Boogie Barre</b> Mac (Courts)	9:15-10:00am CYCLING* Kellie	8:15-9:00am AQUAEROBICS Mary Beth/Kerri
	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 CARIO BOOTCAMP Jenn	<b>9:00-9:45am</b> <b>CYCLING*</b> 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	<b>5:30-6:25pm</b> <b>MUSCLE MASH-UP</b> Diane		
	5:45-6:30pm CYCLING* Lisa	6:00-6:45pm CYCLING* Kim	6:15-7:00pm CYCLING* Stacey C	<b>6:15-7:00pm</b> <b>BANDS &amp; BIKES*</b> Tracey	5:45-6:30pm CYCLING* Stacey C	
	6:30-7:30pm MUSCLE MASH-UP Dawn	6:30-7:25pm YOGA Ann Marie		<b>6:30-7:30pm</b> <b>ZUMBA</b> 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.