

STUDIO A

12/01/19-01/04/19



Sunday Monday Tuesday Wednesday Thursday Friday Saturday

POWER HOUR CYCLE 6:00am-7:00am Justine	TABATA CYCLE 6:30am-7:00am Tony	POWER HOUR CYCLE 6:00am-7:00am Justine	TABATA CYCLE 6:30am-7:00am Tony	POWER HOUR CYCLE 6:00am-7:00am Justine	CYCLE FIT 7:45am-8:45am Justine
	CYCLE FIT 8:25am-8:55am Justine		CYCLE FIT 8:25am-8:55am Justine		BODYPUMP 9:00am-10:10am 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

YOGA 6:00am-7:00am Carole	GROUP STRENGTH 5:30am-6:15am Tony	YOGA 6:00am-7:00am Carole	GROUP STRENGTH 5:30am-6:15am Tony	YOGA 6:00am-7:00am Carole	
KICKFIT 9:15am-9:45am Laura	YOGA 9:30am-10:30am Justine	KICKFIT 9:15am-9:45am Laura	YOGA 9:30am-10:30am Justine		YOGA BEGIN 9:15am-10:00am Carole
SPEED 9:50am-10:10am Laura		SPEED 9:50am-10:10am Laura			

HOT YOGA 2:00pm-3:00pm Maggie	YOGA 5:30pm-6:30pm Justine	CORE 5:30pm-5:45pm Larwan	YOGA 5:30pm-6:30pm Justine	CORE 5:30pm-5:45pm Larwan
	POUND 6:45pm-7:30pm Erin	GROUP STRENGTH 5:50pm-6:15pm Larwan		GROUP STRENGTH 5:50pm-6:15pm Larwan

