

MONDAY 15	TUESDAY 16	WEDNESDAY 17	THURSDAY 18	FRIDAY 19	SATURDAY 20
5:30 - 6:15 AM LES MILLS GRIT w/Jennifer [Main Studio]	5:30 AM - 6:00 AM Muscle Conditioning w/Shari [Main Studio]	5:30 AM Run Club Rick Johnson Meet in Lobby	5:30 - 6:00 AM Muscle Conditioning w/Shari [Main Studio]	5:30 - 6:15 AM Boot Camp w/Theresa [Main Studio]	8:00 AM - 8:50 AM Pi-CHI Yoga Fusion w/Josefina [Mind Body Studio]
6:00 AM - 7:00 AM Yoga w/Mary [Mind Body Studio]	6:00 AM - 6:45 AM Morning Ride w/Shari [Cycling Studio]	5:30 - 6:15 AM H.I.I.T. w/Molly [Main Studio]	6:00 AM - 6:45 AM Morning Ride w/Shari [Cycling Studio]	6:00 AM - 7:00 AM Vinyasa Flow w/Annette [Mind Body Studio]	8:15 AM - 9:10 AM Step Interval Christine [Main Studio]
8:45 AM - 9:45 AM Muscle Conditioning w/Erin [Main Studio]	8AM - 8:45 AM Balanced Body w/Kelly S. [Main Studio]	8:15 AM - 9:15 AM Restorative Yoga w/Christi S [Mind Body Studio]	8AM - 8:45 AM Balanced Body w/Denise [Main Studio]	8:45 AM - 9:15 AM Pilates-Fundamentals w/Denee [Mind Body Studio]	9:00 AM - 10:00 AM Vinyasa Basics w/Jill [Mind Body Studio]
9:00 AM - 10:00 AM Forever Fit w/Sheri [Gymnasium]	8:45 AM - 9:45 AM Total Body FIT w/Kelly S. [Main Studio]	8:45 AM - 9:45 AM Cardio Interval Training w/Erin [Main Studio]	8:45 AM - 9:45 AM Total Body FIT w/Taylor [Main Studio]	9:00 AM - 10:00 AM Forever Fit w/Lisa G. [Main Studio]	9:00 AM - 10:00 AM Cycling w/Molly [Cycling Studio]
9:45 AM - 10:45 AM Boot Camp w/Erin [Main Studio]	9:00 AM-10 AM Aqua w/Sheri [POOL]	9:00 AM - 10:00 AM Forever Fit w/Josefina [Gymnasium]	9:00 AM-10 AM Aqua w/Denise [POOL]	9 AM - 10 AM Interval Cycling w/Erin [Cycling Studio]	9:00 AM - 10:00 AM Aqua w/Lisa G. [POOL]
9:45 AM - 10:45 AM Cycling w/Christine [Cycling Studio]	9:15 AM - 10:30 AM Yoga w/Juli [Mind Body Studio]	9:45 AM - 10:45 AM Barbell Body Blast w/Erin [Main Studio]	9:15 AM - 10:30 AM Yoga w/Juli [Mind Body Studio]	9:15 AM - 10:15 AM Pilates w/Denee [Mind Body Studio]	9:15 AM - 10:10 AM Zumba™ w/Julie [Main Studio]
9:15 AM - 10:15 AM Pilates w/Deana [Mind Body Studio]	10:00 AM - 11:00 AM OPEN BARRE w/Denise [Main Studio]	9:45 AM - 10:45 AM Cycling w/Elizabeth [Cycling Studio]	10:00 AM - 11:00 AM OPEN BARRE w/Cara [Main Studio]	10 AM - 11 AM Aqua w/Lisa G. [POOL]	10:15 AM - 11:30 AM Vinyasa Flow w/Christi/Kelli [Mind Body Studio]
11:00 AM - 12:00 PM Bender BARRE Pilates w/Cindy [Main Studio]	11:00 AM - 12:15 PM Restorative Flow Yoga w/Maribel [Mind Body Studio]	9:45 AM - 11:00 AM Vinyasa Flow w/Christi [Mind Body Studio]	11:00 AM - 12:15 PM Yin Yoga w/Lisa G. [Mind Body Studio]	10 AM - 10:50 AM LES MILLS BODYPUMP w/Julie [Main Studio]	10:15 AM - 11:15 AM OPEN BARRE w/Lisa G. [Main Studio]
11:00 AM - 12:15 PM Vinyasa Flow w/Christi [Mind Body Studio]	11:00 AM - 11:50 PM Zumba™ w/Deborah [Main Studio]	11:00 AM - 12:00 PM Bender BARRE Pilates w/Lisa G. [Main Studio]	11:00 AM - 11:50 PM Cardio Dance w/Katie [Main Studio]	11:00 AM - 12:00 PM Yoga POWER HOUR w/Christi [Mind Body Studio]	12:00 PM - 1:00 PM Restorative Yoga w/Theresa [Mind Body Studio]
12:15 PM - 1:00 PM Zumba™ w/Leila [Main Studio]	12 PM - 12:15 PM 15 MIN A.B.S. w/Deborah [Main Studio]	11:15 AM - 12:00 PM Restorative Yoga w/Mary [Mind Body Studio]	12 PM - 12:15 PM 15 MIN A.B.S. w/Deborah [Main Studio]	11:00 AM - 12:00 PM OPEN BARRE w/Katie [Main Studio]	SUNDAY 21 6:15 AM Run Club Rick Johnson Outdoor patio 10min prior
5:00 PM - 5:45 PM Cardio Dance w/Deborah [Main Studio]	12:15 PM - 1:15 PM LES MILLS BODYPUMP w/Deborah [Main Studio]	12:15 PM - 1:00 PM Zumba™ w/Katie [Main Studio]	12:15 PM - 1:15 PM LES MILLS BODYPUMP w/Deborah [Main Studio]	12:15 PM - 1 PM Zumba™ w/Katie [Main Studio]	1:00 PM - 2:00 PM Restorative Yoga w/Ana [Mind Body Studio]
5:45 PM - 6 PM 15 MIN A.B.S. w/Deborah [Main Studio]	12:15 PM - 1:00 PM LES MILLS RPM w/Molly [Cycling Studio]	12:15 PM - 1:00 PM LES MILLS RPM w/Julie [Cycling Studio]	12:15 PM - 1:00 PM Cycling w/Christine [Cycling Studio]		2:30 PM - 3:30 PM Vinyasa Basics w/Becca [Mind Body Studio]
6:00 PM - 7:00 PM Step Interval w/Sandra [Main Studio]	5:15 PM - 6:00 PM Yoga Sculpt w/Lisa R. [Main Studio]	5:15 PM - 6:00 PM BARRE Blast w/Lisa R. [Main Studio]	5:15 PM - 6:00 PM Yoga Sculpt w/Molly [Main Studio]		3:00 PM - 4:00 PM H.I.I.T. w/Taylor [Main Studio]
6:00 PM - 7:00 PM Cycling w/Danny [Cycling Studio]	6:00 PM - 7:00 PM Pilates w/Theresa [Main Studio]	6:00 PM - 7:00 PM LES MILLS BODYPUMP w/Julie [Main Studio]	6 PM-6:45 PM H.I.I.T. w/Molly [Main Studio]	LOCATION KEY: MAIN STUDIO MIND BODY STUDIO CYCLE STUDIO GYMNASIUM POOL	4:00 PM - 5:15 PM HOT YOGA Becca [Mind Body Studio]
6:00 PM - 7:15 PM Vinyasa Flow w/Juli [Mind Body Studio]	6:00 PM - 7:00 PM Cycling w/Christine [Cycling Studio]	6:00 PM - 7:00 PM Aqua w/Jamie [POOL]	6:00 PM - 6:45 PM LES MILLS RPM w/Antonio [Cycling Studio]		
6:00 PM - 7:00 PM Aqua w/Sheri [POOL]	6:00 PM - 7:15 PM Yoga w/Lisa R. [Mind Body Studio]	7:00 PM - 8:15 PM Vinyasa Flow w/Mary [Mind Body Studio]	6:00 PM - 7:00 PM Restorative Yoga w/Vanessa [Mind Body Studio]	ICON KEY: HEATED CLASS 84° HEATED CLASS 95° NEW CLASS NEW TIME	
6:30 PM Run Club Rick Johnson Meet in Lobby 10min prior	7:00 PM - 7:45 PM Zumba™ w/Theresa [Main Studio]		7:00 PM - 7:45 PM Zumba™ w/Sanda/Barrett [Main Studio]		
			7:15 PM - 8:15 PM Yin Yoga w/Vanessa [Mind Body Studio]		
			6:30 PM Run Club Rick Johnson Meet in Lobby		

2018
Group
Exercise
Schedule
10/15-10/21