

MONDAY 30	TUESDAY 1	WEDNESDAY 2	THURSDAY 3	FRIDAY 4	SATURDAY 5
5:30 - 6:15 AM <b>GRIT</b> w/Jennifer [Main Studio]	5:30 AM - 6:00 AM <b>Muscle Conditioning</b> w/Shari [Main Studio]	5:30 - 6:15 AM <b>TABATA Bootcamp™</b> w/Cindy [Main Studio]	5:30 - 6:00 AM <b>Muscle Conditioning</b> w/Shari [Main Studio]	5:30 - 6:15 AM <b>Boot Camp</b> w/Theresa [Main Studio]	8:00 AM - 8:50 AM <b>Pi-CHI Yoga Fusion</b> w/Josefina [Mind Body Studio]
6:00 AM - 7:00 AM <b>Yoga</b> w/Mary [Mind Body Studio]	6:00 AM - 6:45 AM <b>Morning Ride</b> w/Shari [Cycling Studio]	8:15 AM - 9:15 AM <b>Restorative Yoga</b> w/Becca [Mind Body Studio]	6:00 AM - 6:45 AM <b>Morning Ride</b> w/Shari [Cycling Studio]	6:00 AM - 7:00 AM <b>Vinyasa Flow</b> w/Christi [Mind Body Studio]	8:15 AM - 9:10 AM <b>Step Interval</b> Christine [Main Studio]
8:45 AM - 9:45 AM <b>Muscle Conditioning</b> w/Erin [Main Studio]	8AM - 8:45 AM <b>Balanced Body</b> w/Kelly S. [Main Studio]	8:45 AM - 9:45 AM <b>Cardio Interval Training</b> w/Erin [Main Studio]	8AM - 8:45 AM <b>Balanced Body</b> w/Kelly H. [Main Studio]	8:45 AM - 9:15 AM <b>Pilates-Fundamentals</b> w/Denee [Mind Body Studio]	9:00 AM - 10:00 AM <b>Vinyasa Basics</b> w/Jill [Mind Body Studio]
9:00 AM - 10:00 AM <b>Forever Fit</b> w/Sheri [Gymnasium]	8:45 AM - 9:45 AM <b>Total Body FIT</b> w/Kelly S. [Main Studio]	9:00 AM - 10:00 AM <b>Forever Fit</b> w/Kelly H. [Gymnasium]	8:45 AM - 9:45 AM <b>Total Body FIT</b> w/Taylor [Main Studio]	9:00 AM - 10:00 AM <b>Forever Fit</b> w/Jennifer [Main Studio]	9:00 AM - 10:00 AM <b>Cycling</b> w/Rhiannon [Cycling Studio]
9:45 AM - 10:45 AM <b>Boot Camp</b> w/Erin [Main Studio]	9:00 AM-10 AM <b>Aqua</b> w/Sheri [POOL]	9:45 AM - 10:45 AM <b>Barbell Body Blast</b> w/Erin [Main Studio]	9:00 AM-10 AM <b>Aqua</b> w/Kelly H. [POOL]	10 AM - 11 AM <b>Aqua</b> w/Deborah/Taylor B. [POOL]	9:00 AM - 10:00 AM <b>Aqua</b> w/Deborah [POOL]
9:45 AM - 10:45 AM <b>Cycling</b> w/Christine [Cycling Studio]	9:15 AM - 10:30 AM <b>Yoga</b> w/Juli [Mind Body Studio]	9:45 AM - 10:45 AM <b>Cycling</b> w/Elizabeth [Cycling Studio]	9:15 AM - 10:30 AM <b>Yoga</b> w/Juli [Mind Body Studio]	9:15 AM - 10:15 AM <b>Interval Cycling</b> w/Erin [Cycling Studio]	9:15 AM - 10:10 AM <b>Zumba™ &amp; STRONG</b> w/Julie [Main Studio]
9:15 AM - 10:15 AM <b>Pilates</b> w/Deana [Mind Body Studio]	9:45 AM - 10:45 AM <b>Interval Cycling</b> w/Angie [Cycling Studio]	9:45 AM - 11:00 AM <b>Vinyasa Flow</b> w/Christi [Mind Body Studio]	10:00 AM - 11:00 AM <b>OPEN BARRE</b> w/Cara [Main Studio]	9:15 AM - 10:15 AM <b>Pilates</b> w/Denee [Mind Body Studio]	10:15 AM - 11:30 AM <b>Vinyasa Flow</b> w/Christi/Kelli [Mind Body Studio]
11:00 AM - 12:00 PM <b>Bender BARRE Pilates</b> w/Cindy [Main Studio]	10:00 AM - 11:00 AM <b>OPEN BARRE</b> w/Jennifer [Main Studio]	11:00 AM - 12:00 PM <b>Bender BARRE Pilates</b> w/Lisa G. [Main Studio]	11:00 AM - 12:15 PM <b>Yin Yoga</b> w/Lisa G. [Mind Body Studio]	11:00 AM - 12:00 PM <b>Yoga POWER HOUR</b> w/Christi [Mind Body Studio]	10:15 AM - 11:15 AM <b>OPEN BARRE</b> w/Deborah [Main Studio]
11:00 AM - 12:15 PM <b>Vinyasa Flow</b> w/Christi [Mind Body Studio]	11:00 AM - 12:15 PM <b>Restorative Flow Yoga</b> w/Maribel [Mind Body Studio]	11:15 AM - 12:00 PM <b>Restorative Yoga</b> w/Mary [Mind Body Studio]	11:00 AM - 11:50 PM <b>Cardio Dance</b> w/Katie [Main Studio]	11:00 AM - 12:00 PM <b>OPEN BARRE</b> w/Katie [Main Studio]	12:00 PM - 1:00 PM <b>Restorative Yoga</b> w/Maribel [Mind Body Studio]
12:15 PM - 1:00 PM <b>Zumba™</b> w/Leila [Main Studio]	11:00 AM - 11:50 PM <b>Zumba™</b> w/Deborah [Main Studio]	12:15 PM - 1:00 PM <b>Zumba™</b> w/Katie [Main Studio]	12 PM - 12:15 PM <b>15 MIN A.B.S.</b> w/Deborah [Main Studio]	12:15 PM - 1 PM <b>Zumba™</b> w/Katie [Main Studio]	
5:00 PM - 5:45 PM <b>Cardio Dance</b> w/Deborah [Main Studio]	12 PM - 12:15 PM <b>15 MIN A.B.S.</b> w/Deborah [Main Studio]	12:15 PM - 1:00 PM <b>LES MILLS RPM</b> w/Kelly H. [Cycling Studio]	12:15 PM - 1:15 PM <b>LES MILLS BODYPUMP</b> w/Deborah [Main Studio]	<b>ICON KEY:</b>	1:00 PM - 2:00 PM <b>Vinyasa Basics</b> w/Becca [Mind Body Studio]
5:45 PM - 6 PM <b>15 MIN A.B.S.</b> w/Deborah [Main Studio]	12:15 PM - 1:15 PM <b>LES MILLS BODYPUMP</b> w/Deborah [Main Studio]	5:15 PM - 6:00 PM <b>BARRE Blast</b> w/Lisa R. [Main Studio]	12:15 PM - 1:00 PM <b>Cycling</b> w/Christine [Cycling Studio]	<b>HEATED CLASS 84°</b>	2:30 PM - 3:30 PM <b>Restorative Yoga</b> w/Ana [Mind Body Studio]
6:00 PM - 7:00 PM <b>Step Interval</b> w/Sandra [Main Studio]	12:15 PM - 1:00 PM <b>Cycling</b> w/Shawna [Cycling Studio]	6:00 PM - 7:00 PM <b>Cycling</b> w/Danny [Cycling Studio]	5:15 PM - 6:00 PM <b>Yoga Sculpt</b> w/Becca [Main Studio]	<b>NEW CLASS</b>	3:00 PM - 4:00 PM <b>H.I.I.T.</b> w/Taylor [Main Studio]
6:00 PM - 7:00 PM <b>Cycling</b> w/Danny [Cycling Studio]	5:15 PM - 6:00 PM <b>Yoga Sculpt</b> w/Lisa R. [Main Studio]	6:00 PM - 7:00 PM <b>LES MILLS BODYPUMP</b> w/Deborah [Main Studio]	6PM-6:30PM & 6:30PM-7PM <b>LES MILLS GRIT</b> w/Jennifer [Main Studio]	<b>NEW TIME</b>	4:00 PM - 5:15 PM <b>HOT YOGA</b> Becca [Mind Body Studio]
6:00 PM - 7:15 PM <b>Vinyasa Flow</b> w/Kait [Mind Body Studio]	6:00 PM - 7:00 PM <b>Pilates</b> w/Theresa [Main Studio]	6:00 PM - 7:00 PM <b>Aqua</b> w/Jamie [POOL]	6:00 PM - 6:45 PM <b>LES MILLS RPM</b> w/Antonio [Cycling Studio]	<b>LOCATION KEY:</b>	<b>Aqua Classes are back!</b>
6:00 PM - 7:00 PM <b>Aqua</b> w/Sheri [POOL]	6:00 PM - 7:00 PM <b>Cycling</b> w/Christine [Cycling Studio]	7:00 PM - 8:15 PM <b>Vinyasa Flow</b> w/Mary [Mind Body Studio]	6:00 PM - 7:00 PM <b>Restorative Yoga</b> w/Vanessa [Mind Body Studio]	MAIN STUDIO	<b>Mon. &amp; Wed. @6PM</b>
	6:00 PM - 7:15 PM <b>Yoga</b> w/Lisa R. [Mind Body Studio]		7:00 PM - 7:45 PM <b>Zumba™ Toning</b> w/Theresa [Main Studio]	MIND BODY STUDIO	<b>Tues. Thurs. &amp; Sat. @ 9AM</b>
	7:00 PM - 7:45 PM <b>Zumba™</b> w/Theresa [Main Studio]		7:15 PM - 8:15 PM <b>Yin Yoga</b> w/Vanessa [Mind Body Studio]	CYCLE STUDIO	<b>Fri. 10AM</b>
				GYMNASIUM	
				POOL	

## 2018 Group Exercise Schedule for 4/30-5/6