



FOR YOUTH DEVELOPMENT®  
 FOR HEALTHY LIVING  
 FOR SOCIAL RESPONSIBILITY

# SUMMER 2019 GROUP EXERCISE SCHEDULE (8/1/19-8/31/19)

\*Classes listed on this schedule are FREE for Members.  
 Non-members pay for a Day Pass to participate.

## GROUP EX ROOM

Located in the back of the building across from the Wellness Center.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Class</b> Step 5:20-6:20am (Julia)	<b>Class</b> Tabata 5:15-6:00am (Fay)	<b>Class</b> Step 5:20-6:20am (Julia)	<b>Class</b> Tabata 5:15-6:00am (Fay)	<b>Class</b> HIIT the Step 5:20-6:20am (Christina)	<b>Class</b> Pilates 7-8am (Lynsey)	<b>Class</b> Step/Sculpt 8-9am (Julie)
Body Sculpt 6:30-7:15am (Melissa L)	Group Strength 9:30-10:30am (Corie)	Body Sculpt 6:30-7:15am (Melissa L)	Cardio Challenge 8:30-9:30am (Julie)	Body Sculpt 6:30-7:15am (Melissa L)	Step/Sculpt 8:15-9:15am (Lynsey)	ZUMBA 10:30-11:30am (Stephy)
Total Fit HIIT 8:45-9:30am (Amanda)	Silver Sneakers Classic 11-11:45am (Carol)	RETRO Fit 9:45-10:45am (Carol)	Silver Sneakers Classic 11-11:45am (Carol)	Functional Fit 8:30-9:30am (Madeline)	Fit Strike 9:30-10:30am (Carol)	
RETRO Fit 9:45-10:45am (Carol)	Body Sculpt 4-5pm (Bev)	ZUMBA Gold 11:00am-12:00pm (Annie)	Body Sculpt 4-5pm (Jacquie)	RETRO Fit 9:45-10:45am (Carol)	Barre 10:45-11:45am (Corie)	
ZUMBA Gold 11:00am-12:00pm (Annie)	ZUMBA 5:15-6:15pm (Laura G)	F.I.T. Fusion 4-5pm (Lynsey)	ZUMBA & ZUMBA TONING 5:15-6:15pm (Kait)	ZUMBA Gold 11:00am-12:00pm (Annie)		
Cardio Combo 4-5pm (Lynsey)	BODYPUMP® 6:30-7:30pm (Laura G)	20-20-20 5:15-6:15pm (Roberta)		STRONG 4:10-5:10pm (Laura)		
20-20-20 5:15-6:15pm (Roberta)		Total Fit 6:30-7:30pm (Jacquie)		BODYPUMP® 5:15-6:15pm (Laura / Kait)		
Total Fit 6:30-7:30pm (Jacquie)						
ZUMBA 7:40-8:40pm (Ayla)						

Class Level	
Beginner Level	
Intermediate/ All Levels	(No Color)
Advanced	
NEW!	
FAMILY PROGRAMMING	
PLEASE NOTE CLASS DATE CHANGES	

## TIPS FOR SUCCESS IN GROUP EXERCISE CLASSES

- Arrive early – the warm-up is important!
- Come prepared – dress appropriately, bring water, small towel, closed toe shoes (except Yoga, Pilates & Barre).
- No Street Shoes allowed in the workout studios.
- Please no cell phone usage during class.
- Communicate with the instructor if it is your first time taking the class especially if you have injuries or special considerations.
- Be aware of surroundings.
- Listen to your body.
- Clean up after yourself at the end of class – wipe down and put equipment away.
- Be mindful if you are arriving or leaving after class has started or ended to avoid disruption.

### CYCLING CLASSES:

- Ask the instructor for help setting-up on the bike.
- Please DO NOT stretch on the bikes.

# SUMMER (8/1/19-8/31/19)

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## YOUTH & FAMILY ROOM

Located in the front of the building by Kids Korner.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Class ZUMBA 9:15-10:15am (Ayla)	Class Barre 6:30-7:30am (Lynsey)	Class Pilates Advanced Express 5:15-6:15am (Fay)	Class Barre 6:30-7:30am (Lynsey)	Class ZUMBA 9:15-10:15am (Ayla)	Class ZUMBA 8:00-9:00am (Madeline)	Class FAMILY YOGA 8:30-9:15am (Heather)
Yoga Flow 10:30-11:30am (Johannah)	BOOM! Muscle 9:30-10:00am (Carol)	ZUMBA 9:15-10:15am (Ayla)	BOOM! Muscle 9:30-10:00am (Carol)	Yoga Flow 10:30-11:30am (Corie)		
Chair Yoga 12-1pm (Lisa C)	BOOM! Mind 10:00-10:30am (Carol)	Yoga Flow 10:30-11:30am (Sheila)	BOOM! Mind 10:00-10:30am (Carol)	Chair Yoga 12-1pm (Heather)		
Barre 5:15-6:15pm (Lynsey)	Intermediate/ Advanced Hatha Yoga 10:45-11:45am (Judith)	Chair Yoga 12-1pm (Lisa C)	Yoga Flow 10:45-11:45am (Kristen)			
Yoga Strength 6:30-7:30pm (Heather)	Yoga For Everyone 12-1pm (Judith)	ZUMBA 4:10-5:10pm (Laura)	Yoga For Everyone 12-1pm (Sheila)			
	Yoga Flow 5:15-6:15pm (Heather)	Pilates 5:15-6:15pm (Lynsey)	Yoga Flow 5:15-6:15pm (Heather)			
		ZUMBA 6:30-7:30pm (Kait)				

## CYCLING ROOM

Located across from the Locker Rooms.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Class Cycling 9-10am (Bev)	Class Cycling 5:15-6:15am (Lou)	Class Cycling 9-10am (Julie)	Class Cycling 5:15-6:15am (Lou)	Class	Class Cycling 8-9am (Tim/Dawn)	Class
Cycling 12:15-1pm (Rachel)	Cycling 6:30-7:15am (Melissa L)	Cycling 12:15-1pm (Rachel)	Cycling 6:30-7:15am (Melissa L)			
Cycling 5:15-6pm (Tim)		Cycling 6:30-7:30pm (Dawn)	Cycling 5:15-6:15pm (Tim)			
Cycling 6:30-7:30pm (Dawn)						