



FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

WINTER 2019 GROUP EXERCISE SCHEDULE (1/2/19-4/7/19)

*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
Class Step 5:20-6:20am (Julia)	Class Tabata 5:15-6:00am (Fay)	Class Step 5:20-6:20am (Julia)	Class Tabata 5:15-6:00am (Fay)	Class HIIT the Step 5:15-6:15am (Christina)	Class Pilates 7-8am (Lynsey)	Class Step/Sculpt 8-9am (Julie)
Body Sculpt 6:30-7:15am (Kait)	STRONG ® 8:45-9:30am (Madeline)	Body Sculpt 6:30-7:15am (Melissa L)	Cardio Kick Box 8:30-9:30am (Madeline)	Body Sculpt 6:30-7:15am (Sarah)	Step/Sculpt 8:15-9:15am (Lynsey)	WILD CARD CARDIO 9:15-10:15am (VARIOUS)
Suspension Training 8:15-9:15am (Carol) Gymnastics	Group Strength 9:45-10:45am (Madeline)	Tabata 8:45-9:30am (Amanda)	Body Sculpt 9:45-10:45am (Amanda)	Functional Fit 8:30-9:30am (Madeline)	Fit Strike 9:30-10:30am (Carol)	
Total Fit HIIT 8:45-9:30am (Amanda)	Silver Sneakers Classic 11-11:45am (Carol)	Suspension Training 8:15-9:15am (Carol) Gymnastics	Silver Sneakers Classic 11-11:45am (Carol)	RETRO Fit 9:45-10:45am (Carol)	Barre 10:45-11:45am (Corie)	
RETRO Fit 9:45-10:45am (Carol)	Body Sculpt 4-5pm (Bev)	RETRO Fit 9:45-10:45am (Carol)	Body Sculpt 4-5pm (Jacquie)	ZUMBA Gold 11:00am-12:00pm (Annie)		
ZUMBA Gold 11:00am-12:00pm (Annie)	Zumba Burst 5:15-6pm (Lisa C)	ZUMBA Gold 11:00am-12:00pm (Annie)	ZUMBA & ZUMBA TONING 5:15-6:15pm (Kait)	Cardio Combo 4-5pm (Lynsey)		
Cardio Combo 4-5pm (Lynsey)	ZUMBA 6:15-7:15pm (Laura G)	F.I.T. Fusion 4-5pm (Lynsey)	STRONG ® 6:30-7:30pm (Rachael)	BODYPUMP® 5:15-6:15pm (Laura / Kait)		
20-20-20 5:15-6:15pm (Roberta)	BODYPUMP® 7:30-8:30pm (Laura G)	20-20-20 5:15-6:15pm (Roberta)	BODYPUMP® 7:40-8:40pm (Kait)			
Total Fit 6:30-7:30pm (Jacquie)		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	
Alternate Location	

*Schedule is subject to change.

TIPS FOR SUCCESS IN GROUP EXERCISE CLASSES

- Arrive early – the warm-up is important!
- Listen to your body.
- Come prepared – dress appropriately, bring water, small towel, closed toe shoes (except Yoga, Pilates & Barre).
- Clean up after yourself at the end of class – wipe down and put equipment away.
- No Street Shoes allowed in the workout studios.
- Be mindful if you are arriving or leaving after class has started or ended to avoid disruption.
- 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.

CYCLING CLASSES:

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

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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 Pilates Advanced Express 5:15-6:00am (Fay)	Class Barre 6:30-7:30am (Lynsey)	Class Pilates Advanced Express 5:15-6:00am (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)
ZUMBA 9:15-10:15am (Ayla)	BOOM! Muscle 9:30-10:00am (Carol)	ZUMBA 9:15-10:15am (Ayla)	Rock Bottoms 9:00-9:30am (Amanda)	Yoga Flow 10:30-11:30am (Johannah)		ZUMBA 9:30-10:30am (Stephy)
Yoga Flow 10:30-11:30am (Johannah)	BOOM! Mind 10:00-10:30am (Carol)	Yoga Flow 10:30-11:30am (Sheila)	BOOM! Muscle 9:30-10:00am (Carol)	Chair Yoga 12-1pm (Johannah)		Yoga Flow 3:45-4:45pm (Sheila)
Chair Yoga 12-1pm (Lisa C)	Intermediate/ Advanced Hatha Yoga 10:45-11:45am (Judith)	Chair Yoga 12-1pm (Lisa C)	BOOM! Mind 10:00-10:30am (Carol)	STRONG® 4:10-5:10pm (Laura)		
Barre 5:15-6:15pm (Lynsey)	Yoga For Everyone 12-1pm (Judith)	ZUMBA 4:10-5:10pm (Laura)	Yoga Flow 10:45-11:45am (Kristen)	Pilates 5:15-6:15pm (Lynsey)		
Yoga Strength 6:30-7:30pm (Heather)	Barre 4:10-5:10pm (Lynsey)	Pilates 5:15-6:15pm (Lynsey)	Yoga For Everyone 12-1pm (Judith)			
	Yoga Flow 5:15-6:15pm (Heather)	ZUMBA 6:30-7:30pm (Kait)	Barre 4:10-5:10pm (Lynsey)			
			Yoga Flow 5:15-6:15pm (Heather)			

CYCLING ROOM

Located across from the Locker Rooms.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Class Monday Morning XPRESS 5:30-6:00am (Joanne)	Class Cycling 5:15-6:15am (Lou)	Class Advanced Power Spin 5:30-6:30am (Joanne)	Class Cycling 5:15-6:15am (Lou)	Class Cycling 5:30-6:30am (Lou)	Class Cycling 8-9am (Tim/Dawn)	Class
Cycling 9-10am (Bev)	Cycling 6:30-7:15am (Melissa L)	Cycling 9-10am (Paulie)	Cycling 6:30-7:15am (Melissa L)	Cycling 12:15-1pm (Paulie)	Triathlon Cyling 9:15-11:15am (Paulie)	
Cycling 12:15-1pm (Rachel)	NEW!!! Cycle LITE 10:15-11:00am (Nancy)	Cycling 12:15-1pm (Rachel)	NEW!!! Cycle LITE 10:15-11:00am (Nancy)			
Cycling 5:15-6pm (Tim)	Cycling 4-5pm (Tim)	Cycling 6:30-7:30pm (Dawn)	Cycling 5:15-6:15pm (Tim)			
Cycling 6:30-7:30pm (Dawn)						