



FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY



Water Fitness Classes for 12/19/16-1/6/17

*** Open swim in the Family Pool and lap swimming availability subject to change based on winter activities.

Week 1

Monday 12/19/16	9:00-10:00am Arthritis in FP with Jill	
Tuesday 12/20/16	9:00-10:00am Arthritis in FP with Becky	7:00pm-8:00pm Water Fitness in FP with Mary
Wednesday 12/21/16	9:00-10:00am Arthritis in FP with Jill	9:15-10:15am Deep Water Aquafit in LP with Char

Week 2

Tuesday 12/27/16	9:00-10:00am Arthritis in FP with Becky	7:00pm-8:00pm Water Fitness in FP with Mary
Wednesday 12/28/16	9:15-10:15am Deep Water Aquafit in LP with Char	
Thursday 12/29/16	9:00-10:00am Arthritis in FP with Becky	

Week 3

Monday 1/2/17	9:00-10:00am Arthritis in FP with Jill	
Tuesday 1/3/17	9:00-10:00am Arthritis in FP with Becky	7:00pm-8:00pm Water Fitness in FP with Mary
Wednesday 1/4/17	9:00-10:00am Arthritis in FP with Jill	9:15-10:15am Deep Water Aquafit in LP with Char



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Mini Session Week 1: December 18th – December 23rd

**** No evening classes will run this week.

Sunday 12/18/16

8:00-8:55am	Indoor Cycle / Deb	Cycle Studio	10:15-11:15a	**Family Zumba / Jenn	Gym 3
8:10- 9:10am	Group Power / Carol	Studio 2	10:15-11:15a	Body Combat / Suzanne	Studio 2
9:10-10:10am	Group Centergy /Carol	Studio 2	11:20-12:05p	***Mat Pilates/Jenn	Studio 1

Monday 12/19/16

5:05-6:00am	Tabata / TerrieAnn	Gym 1
5:05-6:00am	Indoor Cycle / Christine	Cycle Studio
6:00-7:00am	Group Blast / Joan	Studio 1
6:05-7:05am	Group Groove / Lita	Studio 2
7:30- 8:30am	Tai Chi / Scott	Gymnastics
8:00-9:00am	Group Blast / Joan	Studio 1
8:10-9:10am	Group Power / Carol	Studio 2
8:40-9:40am	Cardio Strength Combo/Jill	Gym 3
9:15-10:15am	Group Centergy / Terry	Studio 2
9:15-9:45am	Group Core / Cathleen B.	Studio 1
9:20-10:20am	Indoor Cycle / Donna	Cycle Studio
9:50-10:50am	Group Fight / Cathleen B.	Gym 3
10:00-11:00am	Yoga / Sherry	Studio 1
11:00-12:00pm	*AOA Functional Fit / Judy	Studio 1

Tuesday 12/20/16

5:05-6:00am	Group Centergy / Deepa	Studio 2
5:05-6:00am	Indoor Cycle / TerrieAnn	Cycle Studio
6:05-7:05am	Group Power/Cathleen B	Studio 2
7:10-8:10am	Group Centergy / Annie	Studio 2
8:15-9:10am	Group Groove / Jane	Studio 2
9:00-9:45am	Pilates Mat 1 / Rachel	Gymnastics
9:15-10:15am	Group Blast / Joan	Studio 1
9:15-10:15am	Group Centergy / Terry	Studio 2
9:20-10:20am	Indoor Cycle / Christine	Cycle Studio
10:00-11:00a	Zumba Gold / Beth	Gym 3
10:30-11:30a	Yoga / Charlotte	M. Arts
10:20-11:20p	Body Pump / Suzanne	Studio 2
10:30-11:30a	SilverSneakers /Judy	Studio 1
11:30-12:00p	Chair Yoga / Judy	Studio 1

Wednesday 12/21/16

5:05-6:00 am	Tabata / TerriAnn	Gym 1
6:00-7:00am	Yoga / Jeanne	Studio 1
6:00-7:00am	Step / Debby	Studio 2
7:30-8:30am	Tai Chi / Scott	Gymnastics
8:00-9:00am	Ride / Terry	Cycle Studio
8:00-9:00am	Boot Camp/ Agnes	Studio 1
8:10-9:10am	Body Pump / Jane	Studio 2
8:40-9:40am	Cardio Strength Combo/Jill	Gym 3
9:15-10:15am	Group Centergy / Terry	Studio 2
9:15-9:45am	Group Core / Cathleen B.	Studio 1
9:20-10:20am	Indoor Cycle / Christie	Cycle Studio
9:50-10:50am	Group Fight / Cathleen B.	Gym 3
10:30-11:30am	*AOA Functional Fit / Judy	Studio 1

Thursday 12/22/16

5:05-6:00am	Group Centergy / Deepa	Studio 2
6:05-7:00am	Indoor Cycle / Debby	Cycle Studio
6:05-7:05am	Group Power / Cathleen B	Studio 2
7:10-8:10am	Group Centergy / Annie	Studio 2
8:15-9:10am	Group Groove / Jane	Studio 2
9:00-9:45am	Pilates Mat 2 /Rachel	Gymnastics
9:15-10:15am	Group Centergy / Terry	Studio 2
9:15-10:15am	Group Blast / Joan	Studio 1
9:20-10:20am	Yoga / Steve	M. Arts
10:00-11:00am	Zumba Gold / Beth	Gym 3
10:20-11:20pm	Body Pump / Rachel	Studio 2
10:30-11:30am	SilverSneakers/Judy	Studio 1
11:30-12:00pm	Chair Yoga / Judy	Studio 1



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Friday 12/23/16

5:30-6:30am	Indoor Cycle/ Christie	Cycle Studio	8:40-9:40am	Cardio Strength Combo/Jill	Gym 3
6:00-7:00am	Group Blast / Joan	Studio 1	9:15-10:15am	Group Centergy / Terry	Studio 2
6:05-7:05am	Group Groove / Lita	Studio 2	9:20-10:20am	Indoor Cycle / Anna	Cycle Studio
7:30-8:30am	Tai Chi / Scott	Gymnastics	9:50-10:50am	Group Fight / Cathleen B.	Gym 3
8:00-9:00am	Group Blast / Joan	Studio 1	10:30-11:30a	Functional Fitness / Judy	Studio 13
8:10-9:10am	Group Power /Cathleen B.	Studio 2			

Demo Classes Week 1: December 19 – December 22, 2016.

Monday 12/19/16

6:00-7:00pm	Body Pump / Suzanne	Studio 2
6:00-7:00pm	TRX/ Laura	MA. Studio
7:05-7:35pm	CXWORX/ Suzanne	Studio 2
7:40-8:40pm	Zumba Tone/ Jenn V.	Studio 2

Tuesday 12/20/16

4:30-5:30pm	Pilates Reformer/Charlotte	Pilates Studio
5:30 - 6:00pm	Grit/Erin	Studio 2
6:00-7:00pm	Combat/Erin	Studio 2
7:05-8:05pm	Boot Camp / Alyssa	Studio 2

Wednesday 12/21/16

5:00-6:00pm	Power Hour/ Roj	Studio 2
6:05-7:05pm	Boot Camp / TerriAnn	Studio 2
7:10-8:10pm	Tabata/TerriAnn	Studio 2

Thursday 12/22/16

5:30-6:25pm	Barre / Rachel	Dance Studio
6:00-7:00pm	Body Pump / Kay Ann	Studio 2
6:30-7:30pm	Pilates / Rachel	Pilates Studio
7:05-8:05pm	Group Groove / Lita	Studio 2

Demo Classes Week 2: January 2 – January 5, 2017.

Monday 1/2/17

9:00-10:00am	Indoor Cycle/ Donna	Cycle Studio
9:30-10:30am	Barre/ Rachel	Dance Studio
10:00 - 11:00am	Body Pump/ Suzanne	Studio 2
11:05-11:35am	CXWORX/ Suzanne	Studio 2

Tuesday 1/3/17

8:00-9:00am	Group Groove/ Anne S.	Studio 2
9:00-10:00am	Combat/ Suzanne	Studio 2
9:30-10:30am	TRX/ Laura	MA. Studio
10:05-11:05am	Body Pump/ Rachel	Studio 2

Wednesday 1/4/17

8:30-9:30am	Boot Camp/ Agnes	Studio 2
9:35-10:35am	Zumba Toning / Jenn V.	Studio 2
10:30-11:30am	Pilates / Charlotte	Pilates Studio

Thursday 1/5/17

8:30-9:30am	Group Groove / Anne S.	Studio 2
9:35-10:05am	Grit/Alyssa	Studio 2
10:10-11:10am	Body Pump/ Donna	Studio 2



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Mini Session Week 2: January 2nd – January 7th

Monday 1/2/17

12:00-1:00pm	Yoga / Charlotte	M. Arts
5:00-6:00pm	Group Active / Kay Ann	Studio 2
6:00-6:30pm	Group Core / Kay Ann	Studio 2
6:15-6:45pm	Grit / Erin	Studio 1
7:00-8:00pm	Yoga / John	Studio 1
7:00-8:00pm	Body Pump / Kay Ann	Studio 2

Tuesday 1/3/17

5:30-6:00pm	Group Core / Carol	Studio 2
6:00-7:00pm	Group Power / Carol	Studio 2
6:00-7:00pm	Indoor Cycle / Christine	Cycle Studio
7:00-8:00pm	Body Combat / Erin	Studio 1
7:00-8:00pm	Group Centergy / Carol	Studio 2

Wednesday 1/4/17

12:00-1:00pm	Yoga / Sherry	Studio 1
4:00-5:00pm	Power Hour/ Roj	Studio 1
5:00-6:00pm	Group Blast / Joan	Studio 2
6:30-7:25pm	Yoga / Pradip	Studio 1
7:00-8:00pm	Body Pump / Donna	Studio 2
7:30-8:30pm	Tabata / Meredith	Studio 1

Thursday 1/5/17

5:30-6:00pm	Group Core / Carol	Studio 2
6:00-7:00pm	Group Power / Carol	Studio 2
6:15-6:45pm	***GRIT / Erin	Studio 1
7:00-8:00pm	Group Centergy / Carol	Studio 2
7:00-8:00pm	BodyCombat / Suzanne	Studio 1

Friday 1/6/17

7:30-8:30am	Tai Chi / Scott	Gymnastics
8:00-9:00am	Group Blast / Joan	Studio 1
8:10-9:10am	Group Power /Cathleen B.	Studio 2
8:40-9:40am	CardioStrength Combo/Jill	Gym 3
9:15-10:15am	Group Centergy / Terry	Studio 2
9:20-10:20am	Indoor Cycle / Anna	Cycle Studio
9:50-10:50am	Group Fight / Cathleen B.	Gym 3
10:30-11:30a	Function. Fitness / Judy	Studio 1

Saturday 1/7/17

7:10-8:10am	Group Centergy / Carol	Studio 2
7:45-8:45am	Yoga / Sherry	Studio 1
8:15-8:45am	Group Core / Kay Ann	Studio 2
7:30-8:30am	Indoor Cycle / Christine	Cycle Studio
9:00-10:00am	Indoor Cycle/ Donna	Cycle Studio
9:00-9:30am	KettleworX / Kay Ann	Studio 1
9:00-10:00am	Group Groove / Lita	Studio 2
10:00-11:00a	Body Combat / Suzanne	Studio 2
11:00-12:00p	BodyPump / Suzanne	Studio 2
12:30-1:30pm	Zumba/ Nori	Studio 1

*** Thursday evening classes will run only. Friday and Saturday morning classes will run this week.