



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GROUP EXERCISE SCHEDULE

WINTER MINI 2018 DEC 25—31

MONDAY 25TH	TUESDAY 26TH	WEDNESDAY 27TH	THURSDAY 28TH	FRIDAY 29TH	SATURDAY 30TH	SUNDAY 31ST
	Indoor Cycle 5:30-6:15am CS - Rotation	BODYPUMP™ 5:30-6:30am S1 - Allison	Indoor Cycle 5:30-6:15am CS - Margaret	BODYPUMP™ 5:30-6:30am S1 - Allison	Indoor Cycle 7:00-7:45am CS - Cyndie	
		Full Body Strength 7:00-7:55am S1 - Susie	Full Body Conditioning 5:30-6:30am S1 - Allison	Full Body Strength 7:00-7:55am S1 - Susie	Power Hour 8:00-9:00am S1 - Sue	Indoor Cycle 8:15-9:00am CS - Elizabeth
		H2O Interval 8:30-9:15am Rebecca	Mat Pilates 8:15-9:15am S1 - Sue	H2O Interval 7:30-8:15am Katrina	BODYPUMP™ 9:15-10:15am S1 - MaryCaren	BODYPUMP™ 9:15-10:15am S1 - Elizabeth
	Full Body Conditioning 9:15-10:15am S1 - Sue	(AOA) Cardio 8:45-9:30am S1 - Susie	SilverSneakers® Classic 8:45-9:45am AC - Susie	Low Impact Training 8:00-8:45am S1 - Susie		Yoga 10:30-11:30am S1 - Sofia
	Indoor Cycle 9:30-10:15am CS - Alyssa	Indoor Cycle 9:30-10:15am CS - Nichole		AOA) Cardio 8:45-9:30am S1 - Susie		
	Core Strength 10:15-10:30am S4—Alyssa	NEW! Full Body Conditioning 9:45-10:15am S1 - Stephanie	Cycle 9:30-10:15am CS - Alyssa	BODYPUMP™ Express 9:45-10:15am S1 - Rotation		
		Mat Pilates 10:30-11:30am S1 - Alyssa	Core Strength 10:15-10:30am S4—Alyssa	Silver Splash 10:00-11:00am Susie		
	Yoga 10:30-11:30am S1 - Joan	Silver Splash 10:00-11:00am Susie	SilverSneakers® Yoga 9:45-10:45am AC - Susie	Power Hour 10:30-11:30am S1 - Karen		
	Arthritis Water Fitness 12:00-1:00pm Katrina		Yoga 10:30-11:30am S1 - Margaret			<u>STRONG KIDS ZONE HOURS</u>
	WERQ® 6:30-7:25pm S1 - Molly	BODYPUMP™ Express 6:45-7:15pm S1 - Allison	Arthritis Water Fitness 12:00-1:00pm Susie			MONDAY - SUNDAY: 8:30AM - 12PM MONDAY - THURSDAY: 4:30 - 8:00PM
	Indoor Cycle 6:30-7:15pm CS - Christina		BODYPUMP™ 5:15-6:15pm S1 - Nichole			<u>CLASS LOCATION GUIDE</u> S1,2,3,4: STUDIO 1, 2, 3 OR 4 CS: CYCLE STUDIO AC: ADVENTURE CENTER FH: FIELDHOUSE
	Yoga 7:30-8:30pm S1 - Sofia		Indoor Cycle 6:30-7:15pm CS - Erica			



FOR YOUTH DEVELOPMENT
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GROUP EXERCISE SCHEDULE

WINTER MINI 2018: January 1—7

MONDAY 1ST	TUESDAY 2ND	WEDNESDAY 3RD	THURSDAY 4TH	FRIDAY 5TH	SATURDAY 6TH	SUNDAY 7TH
	Indoor Cycle 5:30-6:15am CS - Rotation	BODYPUMP™ 5:30-6:30am S1 - Allison	Indoor Cycle 5:30-6:15am CS - Margaret	BODYPUMP™ 5:30-6:30am S1 - Allison	Indoor Cycle 7:00-7:45am CS - Cyndie	
	SilverSneakers® Classic 8:45-9:45am AC - Susie	Full Body Strength 7:00-7:55am S1 - Susie	Full Body Conditioning 5:30-6:30am S1- Sue	Full Body Strength 7:00-7:55am S1 - Susie	Power Hour 8:00-9:00am S1 - Sue	Indoor Cycle 8:15-9:00am CS - Nichole
	Full Body Conditioning 9:15-10:15am S1 - Sue	H2O Interval 8:30-9:15am Rebecca	Mat Pilates 8:15-9:15am S1 - Sue	H2O Interval 7:30-8:15am Katrina	BODYPUMP™ 9:15-10:15am S1 - MaryCaren	BODYPUMP™ 9:15-10:15am S1 - Christina
	Deep Water Aerobics 9:30-10:15am Elizabeth	(AOA) Cardio 8:45-9:30am S1 - Susie	SilverSneakers® Classic 8:45-9:45am AC - Susie	Low Impact Training 8:00-8:45am S1 - Susie		Yoga 10:30-11:30am S1 - Sofia
	Indoor Cycle 9:30-10:15am CS - Alyssa	Indoor Cycle 9:30-10:15am CS - Nichole	Deep Water Aerobics 9:30-10:15am Elizabeth	AOA) Cardio 8:45-9:30am S1 - Susie		
	Core Strength 10:15-10:30am S4—Alyssa	NEW! Full Body Conditioning 9:45-10:15am S1- Stephanie	Indoor Cycle 9:30-10:15am CS - Alyssa	BODYPUMP™ Express 9:45-10:15am S1 - Rotation		
	SilverSneakers® Yoga 9:45-10:45am AC - Susie	Silver Splash 10:00-11:00am Susie	Core Strength 10:15-10:30am S4—Alyssa	Silver Splash 10:00-11:00am Susie		
	Yoga 10:30-11:30am S1 - Joan	Mat Pilates 10:30-11:30am S1 - Alyssa	SilverSneakers® Yoga 9:45-10:45am AC - Susie	Power Hour 10:30-11:30am S1 - Karen		
	Arthritis Water Fitness 12:00-1:00pm Katrina		Yoga 10:30-11:30am S1 - Margaret		STRONG KIDS ZONE HOURS	
		BODYPUMP™ Express 6:45-7:15pm S1 - Allison	Arthritis Water Fitness 12:00-1:00pm Susie		MONDAY - SUNDAY: 8:30AM - 12PM	
	BODYPUMP™ 5:15-6:15pm S1 - MaryCaren	Kids Yoga (6-11) 6:45-7:15pm S3—Katie	BODYPUMP™ 5:15-6:15pm S1 - Nichole		MONDAY - THURSDAY: 4:30 - 8:00PM	
	WERQ® 6:30-7:25pm S1 - Molly				CLASS LOCATION GUIDE	
	Indoor Cycle 6:30-7:15pm CS - Christina	Yoga 7:30-8:30pm S1 - Katie	Zumba® 6:30-7:30pm S1 - Alicia		S1,2,3,4: STUDIO 1, 2, 3 OR 4	
			Indoor Cycle 6:30-7:15pm CS - Erica		CS: CYCLE STUDIO	
					AC: ADVENTURE CENTER	
					FH: FIELDHOUSE	