

Winter

GROUP FITNESS SCHEDULE

EFFECTIVE January 2, 2017

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30 AM			SPINNING MaryAnn				
7:00 AM					P90X Mickey		
7:20 AM		NYA STRENGTH MaryAnn					
8:00 AM	SPINNING Eve					BODYPUMP Jeanine	
8:20 AM	NEW SLOW BURN YOGA Marnie	CORE BARRE Brandi	BODYPUMP Mickey	NEW CORE BARRE Brandi	HEAT MaryAnn		
8:30 AM							NEW P90X/INSANITY Alternating
9:00 AM						SPINNING Suzanne C	
9:30 AM	BODYPUMP Jeanine	SPINNING Kim	PILATES FUSION MaryAnn	SPINNING Jill	SPINNING Kim	ZUMBA Melissa	NEW YOGA FLOW PLUS Sharon
	ULTIMATE COND. (T) Jill	P90X/INSANITY Zoey	ULTIMATE COND. (T) Jill	P90X Jeanine	P90X/INSANITY (T) Jill		
10:30 AM			NEW SLOW BURN YOGA Marnie	NEW ZUMBA GOLD Mary Lou	NEW CORE/STRETCH 1/2 hr. Jill (T)		
5:00 PM		NEW BODYPUMP & CARDIO KICK BOX Eve	YOGA FLOW (SR) Sharon	NEW CORE BARRE Eve	<p>* All classes will be held in the Group Fitness Room unless otherwise noted: SR = Spin Room, T = Turf, F = Field House-Track, X = XMC Room SCHEDULE IS SUBJECT TO CHANGE</p>		
6:00 PM	360 STRENGTH (X) Andrew	NEW PILATES Jeanine	NEW 360 STRENGTH (X) Andrew	SPINNING Eve			
	SPINNING Suzanne C			NEW P90X Zoey			
7:15 PM	ZUMBA Alicia	ZUMBA/TONING Melissa		NEW ZUMBA Alicia			
PAID XMC TRX/KB	6:00 AM		XMC		XMC		
	8:00 AM					XMC	
	9:30 AM		TRX/KB	XMC	TRX/KB	XMC	
	6:30 PM		XMC		XMC		
PAID OTHER	STAY ACTIVE	Tuesdays and Thursdays 8:15-8:45 AM (X)					
	MARTIAL ARTS	Monday - Tots (Ages 4-5) 4:30-5:00 PM, Children (Ages 6+) 5-6:00 PM (All ranks), Adults (Ages 12+) 6:00 PM					
		Wednesday - Children (Ages 6+) 5-6:00 PM (Beginner), 6:00-7:00 PM (Color belts), Adults (Ages 12+) 7:00 PM					

Fitness Center Hours:

Monday – Thursday: 5:30am-9:00pm
 Friday : 5:30am-8:00pm
 Saturday : 7:00am-5:00pm
 Sunday : 8:00am-3:00pm

Childcare:

Monday–Friday: 8:15am–noon
 Saturday: 8:00am–11:00am