

Group Exercise Classes

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	 BOOT CAMP 5:15-6:15am Mikey GYM	 5:15-6:15am Lauren	 BOOT CAMP 5:15-6:15am Mikey GYM	 5:15-6:15am Lauren	 BOOT CAMP 5:15-6:15am Mikey GYM	 7:00am-8:00am Barbara	
	Cycle 5:30-6:20am Ann	Cycle 6:45-7:30am Deb	Strength Training 5:30-6:30am Ann		Strength Training 5:30-6:30am Ann	 Pilates 8:00-8:50 Maureen	
	Strength Training 8:00-8:50am Kim/Lisa S.		Yoga for Athletes 6:40am-7:30am Ann	Strength Training 8:00-8:50am Kim J.	Cycle 6:45-7:30am Pam	Cycle 8:15-9:15am Hilary/Barb	Saturday 9:30am classes 7/6-HIIT 7/13- TBC 7/20- Bang! 7/27 -Strength
Forever Fit 7:45-9:00am Lynne	 Hatha Yoga 8:00-8:50am Colleen D.		Forever Fit 7:45-9:00am Nancy	 Hatha Yoga 8:00-8:50am Colleen D.	 Barre 8-8:50am Ann	Saturday Special! 9:30-10:20am see side box!	
 Barre 8:00-8:50am Ann		PiYo 8:10-9:00am Scotti		Cycle 9:00-9:50am Melissa	Forever Fit 7:45-9:00am Nancy	 10:30-11:30am Melissa W.	 8:00am-8:45 Patti
BRICKHOUSE 9:10-10:05am Ashley		 9:10-10:00am Scotti		 10:00-10:50am Melissa W.	HIIT Blast 9:10am-10:00am Ashley	 11:40am-12:40pm Amanda	Cycle 9:00-10:00am Jane/April
 Barre Strength 10:10-10:55am Ashley	Bang! 9:00-9:50am Lisa S.	Strength Training 10:05-10:50am Lee	 	Zumba@ 11:00-11:50am Kelly	 10:10-10:50am Lisa		Vinyasa Flow Yoga 10:15-11:30am Peggy
 Zumba@ 11:00-11:50am Lisa		 Outdoor Slow Flow Yoga 9:15-10:15am Jessica			Vinyasa Flow Yoga 11:00-11:50 Jessica		
Cycle 12:00-1:00pm Melissa/Holly	 10:00-10:50am Lee	 Barre Strength 11:00-11:50 Ashley		Strength Training 12:00-1:00pm Lynne		Cycle 12:00-1:00pm Jane	Join us on Sunday, July 28th at 1pm for family yoga! Welcome to all ages 5+ FREE to annual passholders or with a paid admission
	11-11:45am Lynne		Cycle 12:00-1:00pm Tara		Cycle 4:30pm-5:25pm Ann		
 Yin Yoga 1:10-2pm Kim	Strength Training 12:00-1:00pm Lynne		Total Body Conditioning 4:30-5:25pm Pam	 Yoga Sculpt 4:30pm-5:30pm Kate			
 4:30-5:25pm Lisa	Cycle 4:30-5:25pm Ann	 Zumba 5:30-6:25pm Kelly		 5:35-6:35pm Barb	4:30-5:20pm Amanda		
Total body Conditioning 5:30-6:15pm Lee	 5:35-6:35pm Barb			Cycle 7:00pm-7:50pm Karla/Jane	 Yoga Stretch 5:30pm-6:20pm Colleen		July 4th classes 7:15am Cycle 8:30am Bang! 9:30am Hatha Yoga
 6:20-7:10pm Lynne	Cycle 7:00pm-7:50pm Hilary	 6:30-7:30pm Lisa	 	Zumba@ 8:00-8:50pm Lisa			
 Hatha Yoga 7:00-7:50pm Colleen D.		7:40pm-8:30pm Amanda		Yoga Med 7:00-8:15pm Peggy		Shaded classes meet in the multi purpose room	

Indicates a pass is required for the class. Available at the front desk 60 minutes prior to start time. If you are not an annual pass holder, a drop in fee of \$9.00 for adults and \$4.50 for seniors will be required for these classes. For more information contact our front desk, especially before dropping in. Group Exercise classes are open to participants age 16 & up.

* Please note, the times, formats, and instructors listed are subject to change on a monthly basis.