

Group Exercise Classes

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		Run/Walk Conditioning 6am-6:50am Jorie		Run/Walk Conditioning 6am-6:50am Jorie	Pilates 8:00am-8:50am Karin		
	5:15-6:15am Tracey	Interval Training 6:30am-7:20am Lauren	Cycle 6:15am-7:15am Deb	Interval Training 6:30am-7:20am Tracey	Cycle 6:15am-7:15am Danielle	Cycle 8:15am-9:15am Jennifer/Hilary	
Forever Fit 7:30-8:45am Nancy		Forever Fit 7:30-8:45am Danielle		Forever Fit 7:30-8:45am Nancy		9:30am-10:20am Kaitlyn, Sarah, Lauren, Rachel	
Barre 8:00am -8:50am Danielle	Hatha Yoga 8:00am -8:50am Colleen D.	Pilates 8:00am -8:50am Karin	Hatha Yoga 8:00am -8:50am Colleen D.	SOULBODY RESTORE 8-8:45am Tracey	Zumba@ 10:30-11:20am Lisa		
HIIT 9:00-10:00am Alex	Strength and Stretch 9:00am-10:00am Amy	Kickboxing 9:00-10:00am Scotti	Strength and Stretch 9:00am-10:00am Amy	HIIT 9:00-10:00am Alex		11:30am-12:30pm Kat	
	Zumba@ 10:15am-11:15am Maggie		Zumba@ 10:15am-11:15am Lisa	Strength and Stretch 10:15am-11:15am Alex/ Amy			
Cycle 12pm-12:50pm Deb, Tara	Barre Strength 11:00am-12:00pm Alex/Amy	Pilates Level II 11:00am-12:00pm Karin	Barre Strength 11:00am-12:00pm Alex	Vinyasa Flow 11:00am-12:00pm Lauren		8am-9am Rachel	
Slow Flow 1:00-2:00pm Jess	SOULBODY RESTORE 12pm-12:45pm Tracey	Cycle 12pm-12:50pm Kaitlyn	Strength Training 12:00pm-12:50pm Amy	Cycle 12pm-12:50pm Jenn, Kaitlyn, Tara, Jenn		Vinyasa Flow Yoga 9:30-10:45am Peggy	
	Yin Yoga 1:00pm-2:00pm Jami	Core and Restore 1:00pm-1:45pm Alex	Yin Yoga 1:00pm-2:00pm Jami			Triple Threat 11:00am-11:50am Peggy	
	Tabata 5:00pm-5:45pm Kat		Tabata 5:00pm-5:45pm Cara	Bootcamp 4:30pm-5:20pm Holly		NO CLASSES WILL BE HELD ON EASTER	
Pilates 5:00-5:50pm Karin	Yoga Sculpt 6:00pm-6:50pm Holly		Yoga Sculpt 6:00pm-6:50pm Holly	Yoga Stretch 5:30pm-6:30pm Colleen	CLASSES SHADED IN GRAY MEET IN THE MULTI-PURPOSE ROOM		
	Cycle 7:00-7:50pm Hilary	Zumba@ 7:00-7:50pm Angie	Cycle 7:00-7:50pm Jennifer				
Zumba@ 7:00-7:50pm Angie							
Hatha Yoga 7:00-7:50pm Colleen D.							

* Indicates a \$9 drop in fee for this class (annual passholders attend free)

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