


GROUP EXERCISE SCHEDULE

Effective March 6, 2017

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|--|--|---|--|--|--|---|
| 5:45AM-6:30AM CYCLING Joanne (Cycle Ctr) | 5:45AM-6:45AM ULTIMATE FUSION Germaine (Studio) | 5:45AM-6:45AM POWER SCULPT Brie (Studio) | 5:45AM-6:30AM CYCLING Germaine (Cycle Ctr) | 5:45AM-6:45AM BOOT CAMP Michele (Gym) | | |
| 7:00AM-7:45AM AQUACISE Joanne (Pool) | 9:00AM-10:00AM STEP & SCULPT Lynne (Gym) | 7:00AM-7:45AM AQUACISE Germaine (Pool) | 9:00AM-10:00AM STEP & SCULPT Lynne (Gym) | 7:00AM-7:45AM AQUACISE Lynne (Pool) | 8:30AM-9:30AM POWER SCULPT (Gym) | 8:00AM-8:45AM AQUACISE Lynne (Pool) |
| 9:00AM-10:00AM ZUMBA WORKOUT Jen (Gym) | 9:00AM-10:00AM EXPLORE THE BAR/PILATES Germaine (Studio) | 9:00AM-9:55AM CYCLE Lynne (Cycle Ctr) | 9:00AM-10:00AM YOGA Joanne (Studio) | 9:00AM-10:00AM TOTAL BODY WORKS Germaine (Gym) | 8:30AM-9:30AM CYCLING (Cycle Ctr) | 8:30AM-9:30AM HIIT Amanda (Studio) |
| 9:00AM-9:55AM CYCLING Denise (Cycle Ctr) | 10:00AM-10:45AM AQUACISE Germaine (Pool) | 9:00AM-10:00AM POWER SCULPT Michele (Gym) | | 9:00AM-10:00AM CYCLE Jen/Mike (Cycle Ctr) | | 9:00AM-10:00AM CYCLING Rich (Cycle Ctr) |
| 9:15AM-10:00AM TRX, KETTLEBELL & MORE Jen (Studio) | 10:00AM-10:45AM GET STARTED Lynne (Gym) | 10:00AM-10:45AM AQUACISE Lynne (Pool) | 10:00AM-10:45AM GET STARTED Lynne (Gym) | 10:15AM-11:00AM PILATES Germaine (Studio) | 10:00AM-11:00AM ZUMBA WORKOUT Maria (Studio) | 10:00AM-11:00AM YOGA Jennifer (Studio) |
| 10:15AM-11:00AM WATER ZUMBA Debbie (Pool) | 4:00PM-4:45PM POWER SCULPT Denise (Studio) | | 10:15AM-11:00AM WATER ZUMBA Denise (Pool) | | <p>Call up to 24 hours in advance to reserve a spot in Yoga, Pilates & Cycling Classes!</p> <p>Ages of Youth Classes 10-16</p> | |
| 10:15AM-11:15AM YOGA John (Studio) | 6:00PM-7:00PM YOGA Ann (Studio) | | 4:15PM-5:00PM YOUTH FITNESS CLASS (Studio) | | | |
| 4:00PM-4:45PM YOUTH BOOT CAMP Lynne (Gym) | 7:00PM-8:00PM ZUMBA WORKOUT Natalia (Studio) | 6:00PM-6:55PM BOOT CAMP Amanda (Studio) | 6:30PM-7:15PM CYCLING Lynne (Cycle Ctr) | | | |
| 6:00PM-7:00PM TOTAL BODY WORKS Janet (Studio) | 7:00PM-7:45PM CYCLING Lynne (Cycle Ctr) | 7:00PM-7:45PM EXPLORE THE BAR/PILATES Germaine (Studio) | 7:00PM-8:00PM YOGA John (Studio) | |  <p>973-228-7665</p> | |