


GROUP EXERCISE RAIN SCHEDULE

JUNE 25 2018

	A	B	C	D	E	F	G
1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
2	5:45AM-6:30AM CYCLE Joanne (Cycle Ctr)	5:45AM-6:45AM ULTIMATE FUSION Germaine (Studio)	5:45AM-6:45AM POWER SCULPT Michele (Studio)	5:45AM-6:30AM CYCLE Germaine (Cycle Ctr)	5:45AM-6:45AM BOOT CAMP Tara (Gym)		
3	7:00AM-7:45AM AQUACISE Joanne (Pool)		7:00AM-7:45AM AQUACISE Lynne (Pool)		7:00AM-7:45AM AQUACISE Lynne (Pool)	8:30AM-9:30AM POWER SCULPT Alternating Instructors (Gym)	8:00AM-8:45AM AQUACISE Lynne (Pool)
4	9:00AM-9:55AM CYCLE Denise C (Cycle Ctr)	8:00AM-8:50AM EXPLORE THE BAR/PILATES Joanne (Studio)	9:00AM-9:55AM CYCLE Lynne (Cycle Ctr)	8:00AM-9:00AM YOGA Joanne (Studio)	9:15AM-10:00AM ZUMBA Jade (Gym)		8:30AM-9:30AM HIIT Amanda (Studio)
5	9:00AM-10:00AM TRX, KETTLEBELL & MORE Michele (Studio)		9:15AM-10:00AM POWER SCULPT Michele (Gym)		9:00AM-10:00AM CYCLE (Cycle Ctr)		9:00AM-10:00AM CYCLE Tara (Cycle Ctr)
6	10:00-10:45AM WATER BOOTCAMP Denise C (Pool)	10:00AM-10:45AM CARDIO SCULPT Lynne (Gym)		10:00AM-10:45AM CARDIO SCULPT Lynne (Gym)	9:00AM-10:00AM TRX, KETTLEBELL & MORE Denise C (Studio)	9:45AM-10:45AM ZUMBA WORKOUT Maria (Gym)	10:00AM-11:00AM YOGA Jennifer G (Studio)
7	10:15AM-11:15AM YOGA Avie (Studio)	10:00AM-10:45AM AQUACISE (Pool)	10:00AM-10:45AM AQUACISE Lynne (Pool)		10:00AM-10:45AM WATER ZUMBA Jade (Pool)	<p>Call up to 24 hours in advance to reserve a spot in Yoga, TRX Pilates & Cycling Classes.</p> <p>* There is an additional fee.</p>	
8		6:00PM-7:00PM YOGA Natasha (Studio)	6:00PM-6:55PM BOOT CAMP Amanda (Studio)	6:00PM-6:45PM EXPLORE THE BAR/PILATES Germaine (Studio)	10:15AM-11:00AM PILATES Denise C (Studio)		
9	6:00PM-7:00PM TOTAL BODY WORKS Janet (Studio)	6:30PM-7:15PM CYCLE Lynne (Cycle Ctr)	6:00PM-6:45PM AQUACISE Joanne (Pool)	6:30PM-7:15PM CYCLE Jen S (Cycle Ctr)			
10		7:10PM-8:10PM ZUMBA WORKOUT Natasha (Studio)	7:00PM-7:45PM PADDLEBOARD YOGA/HIIT Joanne * (Pool)	7:00PM-8:00PM YOGA Ann Smith (Studio)		 <p>973-228-7665</p>	