

GROUP EXERCISE SCHEDULE

Effective JANUARY 2, 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)		9:15AM-10:10AM CYCLE Alana (Cycle Ctr)		9:00AM-10:00AM CYCLING Alana (Cycle Ctr)
9:15AM-10:00AM TRX, KETTLEBELL & MORE STARTING 1-9 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)
10:00AM-10:45AM WATER ZUMBA STARTING 1-16 Debbie (Pool)	4:00PM-4:45PM POWER SCULPT Denise (Studio)		10:15AM-11:00AM WATER ZUMBA Amy (Pool) ending March 2		<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)				
6:00PM-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>	