


# GROUP EXERCISE SCHEDULE

June 25, 2018

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