



JANUARY 2014 Group Fitness Schedule

Classes are 1 HOUR unless otherwise specified.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:15am		Yoga Jenny	Muscle Up Theresa L1-4	Boot Camp Phillip L1-4	Nicole	7-8am Yoga AnnMarie
7am	Yoga Martha L2-3				Yoga Martha L1-4	8:15-9:30am Strength & Cardio Holly L1-4
8am	Muscle & Core Michelle L1-4	Leyna 8:30-9:15	Pilates Holly L1-4 8:30-9:15am	Bar Sculpt Kim L1-4	Pilates Holly L1-4 8-8:45am	9:30-10:30am Nicole
8:45am					Circuit Training Holly L1-4	10:30am-12pm Stretch/Yoga Kim/Jenny
9am	Cardio Conditioning Shannon L2-3	Leyna 9:15-10am	Fit Fusion Jen L1-4 9:15-10:15am			
9:30am				Christie L2-3	Leyna	
10am	Amanda	Boot Camp Kris L1-4	Step Shannon L1-4 10:15-11:15am	Track Class (meet in the lobby)		
10:30am	AB Class in the Youth Zone 10:30-11am			Christie L2-3 (30 mins.)		
11am	Cardio/Sculpt Patty/Kris L1-4	Yoga Tanya L1-4 11-12:30pm	Beginner Group Exercise Patty L1 11:15-12:00	Yoga Kim L1-4 11:05-12:15	Patty L1-4	2:15-3:15pm Down to the Core Wilda
12pm	Active Older Adults Holly L1-2		Active Older Adults Linda L1-2		Active Older Adults Linda L1-2	3:15-4:15pm Cardio Sculpt Wilda
12:30pm				Senior Yoga Stretch Linda L1-4		
1pm	Silver Sneakers Cardio Circuit Holly L1	Active Older Adults Wilda L2-3	Silver Sneakers Cardio Circuit Linda L1		Silver Sneakers Cardio Circuit Linda L1 (45 mins.)	
1:30pm				Senior Dance Class Wilda L1-4	Tai Chi Linda L1-4 1:45-2:45	
4:30pm	Leyna		Kids Zumbatomic Roxanne 4:45-5:15			
5:30pm	Yoga Janet R. L1-4	Boot Camp Nicki L1-4	Kickboxing Holly H. L1-4	Boot Camp Lana L2-3 5:25-6:30		
6pm					Core Fusion Wilda L1-4	
6:30pm	Nicole	Kat L2-3 (13 & up) Fun Run w/ Luis (meet in lobby) H.E.A.T (YFC) L2-3	Nicole	Michelle D.		
7pm					Cardio Dance L1-4	
7:30pm	Nicole (30 mins.)	Yoga DJ/AnnMarie	Bar Fitness Wilda L1-4	Yoga Wilda L1-4 7:35-8:30		

Level 1 – Beginner
Level 2 – Intermediate
Level 3 – Advanced
Level 4 – Family

Download our Mobile App for up to date schedules

The last 5 minutes of class are allowed for class transition.

Ages 13 and up with parent allowed to take Group classes. Ages 15 and up can take ALL classes independently.

Body Pump is first come, first served! Arrive early!