GROUP FITNESS SCHEDULE

EFFECTIVE NOVEMBER 2016

~classes and times subject to change without notice~

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		SATURDAY
5:00 AM	**Krank & Weights Gina (KC)		**Krank & Weights Gina (KC)		**Krank & Weights Gina (KC)	**7:00 AM**	Cycling Marilee/Carrie(AR)
5:05 AM	Cardio Boost* Michelle (DR)		Cardio Boost* Michelle (DR)		Cardio Boost* Michelle (DR)		
5:30 AM	Full Body Circuit Lisa H. (AR)	Cycling Steve (AR)	Muscle Max Lisa H. (AR)	Cycling Steve (AR)	30/30 Lisa H. (AR)		Cardio Shock Sarah (DR)
5:45 AM	Muscle Max Sarah (DR)	Cardio Shock Sarah (DR)	Muscle Max Sarah (DR)	Cardio Shock Sarah (DR)	Muscle Max Sarah (DR)	**8:00 AM**	Muscle Max Melanie J. (AR)
5:45 AM				Zumba Heather (N. Gym/SR)			TRX Marilee/Carrie (DR)
7:00 AM					Power Yoga Mitch (DR)		
	Cycling Stephanie (AR)		Cycling Stephanie (AR)				
8:15 AM	**Barre Strength & Tone Shal (DR)			**Barre Strength & Tone Shal (DR)	Cardio Interval Marilee (AR)	**9AM**	Zumba Kimberly (DR/Gym)
8:15 AM	Cardio Shock Marilee (AR)	**Stretch Patricia (DR)	Athletic Challenge Marilee (AR)	**Stretch Patricia (AR)		**9:30 AM**	Silver Sneakers Circuit Sarah (AR)
8:30 AM	**Krank& Weights Lori S. (KC)		**Krank& Weights Lori S. (KC)		**Krank & Weights Lori S. (KC)		
8:30 AM							
9:00 AM	Core/Bosu Shal (DR)	Yoga-Hatha Basics Mitch (AR)	Circuit & Abs Melanie J. (DR)	Yoga TyAnne (AR)	High Fitness Halley/Patrice (DR)		**Classic** -Mon 10:35am -Tues 11:15am -Fri 9:30am **Circuit** -Mon 9:30am -Wed 9:30am -Thurs 11:15am -Sat 9:30am **Yoga** -Fri 10:35am
		Cardio Shock Jessica (DR)		TRX Shal (DR)			
9:30 AM	Silver Sneakers Circuit Marilee (AR)		Silver Sneakers Circuit Marilee (AR)		Silver Sneakers Classic Chelsea(AR)		
10:00 AM	Zumba Kimberly (DR)	Cycling Jessica (AR)	Zumba Kimberly (DR)	Cycling Shal (AR)	Barre Strength & Tone Marilee/TyAnne (DR)		
		Modified TRX Marilee (DR)					
10:15 AM							
10:35 AM	Silver Sneakers Classic Carrie(AR)				Silver Sneakers Yoga Carrie (AR)		
11:00 AM							**Group Fitness Classes are for participants 14 and older.** Changes are shown in red.
11:15 AM		Silver Sneakers Classic Carrie (AR)		Silver Sneakers Circuit Angie(AR)			
12:00 PM	High Fitness Jamie (DR)				**Kickboxing (AR) TyAnne		
12:00 PM	**Kickboxing Lisa M. (AR)	**TRX Marilee (DR)	**Yoga Jessy B. (AR)	**Muscle Max Marilee (DR)	**Zumba (DR) Carrie		
12:45 PM		*Stretch Patricia (DR)					
5:30 PM							***30 min class** ****45 min class** *****75 min class** **All other classes are 55 minutes.**
6:00 PM	Cycling Stephanie (AR)	Athletic Challenge Laurene (AR)	Cycling Stephanie (AR)				
	Cardio/Strength Interval Laurene (DR)		High Fitness Halley/Patrice (DR)				
7:00 PM		Barre Lori H. (AR)	Zumba Elaine (AR)	Zumba Heather (AR)			**Dance Room---(DR)** **Aerobics Room(AR)** **Krank Cycles----(KC)** **Splash Room----(SR)**
		**Krank Gina (KC)		**Krank Gina (KC)			
				*Tabata Alicia (DR)			
7:30 PM				*Hiit Alicia (DR)			
8:00 PM	Zumba Kimberly (DR)						