



GROUP FITNESS SCHEDULES

STUDIO B		June 27th – July 16th					*This schedule is			
subject to change		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sun day		
5:00-6:00am										
		Cycling (0) Jen 5:15-6:00			Cycling (0) Jen 5:15-6:00					
6:00-7:00am	Open Member Access 6:00-9:00	Open Member Access 6:00-9:00	Open Member Access 6:00-12:00	Open Member Access 6:00-12:00	Open Member Access 6:00-9:00	Open Member Access 6:00-9:00				
7:00-8:00am										
8:00-9:00am										
9:00-10:00am	*TRX (1-2) Brittany 9:00-9:45	Boot Camp (2-3) Christi 9:15-9:45	Open Member Access 6:00-12:00	Open Member Access 6:00-12:00	Boot Camp (2-3) Lynsey 9:15-9:45	*TRX (1-2) Macayla 9:15-10:00	Boot Camp Hybrid (2-3) Macayla 9:15-10:00			
10:00-11:00am	Open Member Access 9:45-12:00	Open Member Access 9:45-12:00			Open Member Access 9:45-12:00	Open Member Access 9:45-12:00			Open Member Access 10:00-12:00	
11:00am-12:00pm										
12:00-1:00pm										
1:00-2:00pm										
2:00-3:00pm									*FSP Lynsey 2:00-3:00 pm	*FSP Lynsey 2:00-3:00 pm
3:00-4:00pm										
4:00-5:00pm	Open Member Access 4:00-6:00	Open Member Access 4:00-7:30	Open Member Access 4:00-7:30	Open Member Access 4:00-7:30	Open Member Access 4:00-7:30	Open Member Access 4:00-7:30				
5:00-6:00pm										
6:00-7:00pm	Boot Camp (2-3) Macayla 6:00-6:30	Open Member Access 6:30-7:30								
7:00-8:00pm										

*TRX participants need to pick up a card at the front desk prior to class. 12 cards max.

*Fundamentals of Sports Performance begins July 5th. Registration and prepayment is required.



GROUP FITNESS SCHEDULES

STUDIO A		July 18 – August 27					*This schedule is subject to change	
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
5:00-6:00am	Total Body Blast (2-3) Andy 5:15-6:00		Low-Impact Cardio (0) Karrie 5:15-6:00					
6:00-7:00am								
7:00-8:00am								
8:00-9:00am	Active Older Adult (1) Christi 8:15-9:00		Active Older Adults (1) Christi 8:15-9:00		Active Older Adults (1) Christi 8:15-9:00			
9:00-10:00am	Low-Impact Cardio (2) Lynsey 9:15-10:00	Total Body Blast (2-3) Shelly 9:15-10:00	Low-Impact Cardio (2) Desirae 9:15-10:00	Total Body Blast (2-3) Shelly 9:15-10:00	Low-Impact Cardio (2) Tania 9:15-10:00			
10:00-11:00am	SilverSneakers (1) Margie 10:15-11:00	SilverSneakers (1) Margie 10:15-11:00	SilverSneakers (1) Margie 10:15-11:00	SilverSneakers (1) Margie 10:15-11:00	SilverSneakers (1) Margie 10:15-11:00			
11:00am-12:00pm			*Aspirus Falls Prevention 11:15-12:15					
12:00-1:00pm								
1:00-2:00pm								
2:00-3:00pm								
3:00-4:00pm								
4:00-5:00pm								
5:00-6:00pm								
5:00-6:00pm			Dance it Off with Kelsey 5:15-6					

*Falls Prevention with Aspirus runs July 20 – August 24. Please register before attending



GROUP FITNESS SCHEDULES

STUDIO B		July 18 – August 27					*This schedule is subject to change		
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		
5:00-6:00am		Cycling (0) Jen 5:15-6:00		Cycling (0) Jen 5:15-6:00					
6:00-7:00am	Open Member Access 6:00-9:00	Open Member Access 6:00-9:00	Open Member Access 6:00-12:00	Open Member Access 6:00-9:00	Open Member Access 6:00-9:00				
7:00-8:00am									
8:00-9:00am									
9:00-10:00am	*TRX (1-2) Brittany 9:00-9:45	Boot Camp (2-3) Christi 9:15-9:45	Open Member Access 6:00-12:00	Boot Camp (2-3) Lynsey 9:15-9:45	*TRX (1-2) Macayla 9:15-10:00	Boot Camp Hybrid (2-3) Macayla 9:15-10:00			
10:00-11:00am	Open Member Access 9:45-12:00	Open Member Access 9:45-12:00		Open Member Access 9:45-12:00	Open Member Access 10:00-12:00				
11:00am-12:00pm									
12:00-1:00pm									
1:00-2:00pm									
2:00-3:00pm								*FSP Lynsey 2:00-3:00	*FSP Lynsey 2:00-3:00
3:00-4:00pm									
4:00-5:00pm	Open Member Access 4:00-6:00	Open Member Access 4:00-7:30	Open Member Access 4:00-7:30	Open Member Access 4:00-7:30	Open Member Access 4:00-7:30				
5:00-6:00pm									
6:00-7:00pm	Boot Camp (2-3) Macayla 6:00-6:30	Open Member Access 6:30-7:30							
7:00-8:00pm	Open Member Access 6:30-7:30								

*TRX participants need to pick up a card at the front desk prior to class. 12 cards max.

*Fundamentals of Sports Performance runs July 5 – August 11. Registration and prepayment is required.