



GROUP FITNESS SCHEDULES

STUDIO A

November 14th – December 4th

*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		Yoga Flow (0-1) Sara 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) Anna 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	Boot Camp (2-3) Macayla 9:15-10:00	
10:00-11:00am	SilverSneakers (1) Anna 10:15-11:00	SilverSneakers (1) Margie 10:15-11:00	SilverSneakers (1) Anna 10:15-11:00	SilverSneakers (1) Margie 10:15-11:00		Yoga Flow (0-1) Sara 10:15-11:00	
11:00am-12:00pm							
12:00-1:00pm	Stay Strong (cancer survivors) 11:45-12:30		Stay Strong (cancer survivors) 11:45-12:30				
1:00-2:00pm							
2:00-3:00pm							
3:00-4:00pm							
4:00-5:00pm							
5:00-6:00pm							
	Dance It Off with Kelsey 5:30-6:15 pm		Dance It Off with Kelsey 5:30-6:15 pm				
6:00-7:00pm							
7:00-8:00pm							

*No Classes on Thursday, November 24th - Thanksgiving Day



GROUP FITNESS SCHEDULES

STUDIO B

November 14th – December 4th

*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 6:00-8:45	Open Member Access 6:00-9:00	Open Member Access 6:00-8:45	Open Member Access 6:00-9:00		
7:00-8:00am							
8:00-9:00am							
9:00-10:00am	Boot Camp (2-3) Macayla 9:15-9:45	*TRX (1-2) Macayla 9:00-9:45	Boot Camp (2-3) Christi 9:15-9:45	*TRX (1-2) Brittany 9:00-9:45	Boot Camp (2-3) Anna 9:15-9:45		
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 9:45-12:00		
11:00am-12:00pm							
12:00-1:00pm							
1:00-2:00pm							
2:00-3:00pm							
3:00-4:00pm							
4:00-5:00pm	Open Member Access 4:00-5:45	Open Member Access 4:00-5:45	Open Member Access 4:00-5:45	Open Member Access 4:00-5:45	Open Member Access 4:00-7:30		
5:00-6:00pm							
6:00-7:00pm	Boot Camp (2-3) Macayla 6:00-6:30	TNT – Tighten & Tone (1-2) Macayla 6:00-6:45	**Cycling (0) Shelley 6:00-6:45	TNT – Tighten & Tone (1-2) Macayla 6:00-6:45			
7:00-8:00pm	Open Member Access 6:30-7:30	Open Member Access 6:45-7:30	Open Member Access 6:30-7:30	Open Member Access 6:45-7:30			

*No Classes on Thursday, November 24th - Thanksgiving Day *TRX – pick up card at front desk to reserve!

**Boot Camp with Macayla will be in place of Cycling on 11/23