



# GROUP EXERCISE SCHEDULES

## STUDIO A

**Starts Sept 5<sup>th</sup>**

**\*\*Toss-Up in Studio A unless otherwise mentioned**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5-6 a	Total Body Strength <i>Andy</i> 5:15-6 a		Low-Impact Cardio <i>Karrie</i> 5:15-6 a		Yoga Flow <i>Sara</i> 5:15-6 a	
6-8 a						
8-9 a	Active Older Adult <i>Kathy</i> 8:15-9 a		Active Older Adults <i>Kathy</i> 8:15-9 a		Active Older Adults <i>Kathy</i> 8:15-9 a	
9-10a	Low-Impact Cardio <i>Anna</i> 9:15-10 a	Total Body Strength <i>Shelly S</i> 9:15-10 a	Low-Impact Cardio <i>Desirae</i> 9:15-10 a	Total Body Strength <i>Shelly S</i> 9:15-10 a	Low-Impact Cardio <i>Tania</i> 9:15-10 a	Toss-Up ** <b>TALENTED</b> 9:15-10 a
10-11a	SilverSneakers <i>Kathy</i> 10:15-11 a	SilverSneakers <i>Margie</i> 10:15-11 a	SilverSneakers <i>Kathy</i> 10:15-11 a	SilverSneakers <i>Margie</i> 10:15-11 a	Chair Flow <i>Taylor</i> 10:15-11 a	Yoga Flow <i>Sara</i> 10:15-11 a
11-12p		Chair Flow <i>Margie</i> 11:15-Noon		Chair Flow <i>Margie</i> 11:15-Noon		
12-2p				Parkinson's Power <i>Aspirus/Marshfield</i> 12-12:50p		
2-3p		RESERVED FOR VA 2-3 p				
3-4p		RESERVED FOR VA 3-4 p				
4-5p						
5-6p	Power Flow <i>Taylor</i> 5:30-6:15 p		Power Flow <i>Taylor</i> 5:30-6:15 p			
6-7p						
7-8p						

**STUDIOS ARE OPEN FOR MEMBER ACCESS (16 YEARS AND UP) WHEN CLASSES ARE NOT IN SESSION, UP TO 30 MINUTES BEFORE CLOSING.**

**\*\* SUBJECT TO BE CLOSED DUE TO STAFF USE \*\***

Red = New Classes/Times

Yellow = Open Access



# GROUP EXERCISE SCHEDULES

## STUDIO B

**Starts Sept 5<sup>th</sup>**

\*Cycling requires card pick up from the front desk, to reserve your spot

\*\*Toss-Up in Studio A unless TRX or Cycling

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5-6a	Yellow	*Cycling Jen 5:15-6 a	Yellow	*Cycling Jen 5:15-6 a	Yellow	Yellow
6-9a		Yellow		Yellow		
9-10a	HIIT it Hard Kelsey Y 9:15-10am	HIIT it Hard Christi 9:30-10:15 a	HIIT it Hard Kelsey Y 9:15-10am	HIIT it Hard Christi 9:30-10:15 a	Yellow	**Toss-Up TALENTED 9:15-10a
10-11a	Flexibility Flow Kelsey Y 10:15-11 a	Yellow	Yellow	Yellow		Yellow
11a-6p	Yellow				Swim Team 5-5:30 p	
6-7p	Cycling Kelsey Y 6-6:45 p	Yellow	Total Body Strength Shelley M 6-6:45 p	Yellow	Yellow	Yellow
7-8p	Yellow		Yellow			

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