

MONDAY

Time	Class	Location	Instructor
5:55 – 6:40	Cycling	E	Dean
6:00 – 7:00	R.I.P.P.E.D.	B	Theresa
6:20 – 6:40	PUMP	A	Sue
6:40 – 7:00	Stretch & Abs	A	Sue
8:00 – 8:45	Hi-Low Impact	A	Blakey
8:15 – 9:00	Cycling	E	Dean
8:45 – 9:15	PUMP	A	Blakey
8:45 – 10:00	Hard Body Meltdown	B	Annie
9:00 – 9:45	Just Dance	C	Jane
9:15 – 9:45	Stretch	A	Cindy
9:15 – 10:15	Cycling	E	John
9:45 – 10:15	Ball/Core/Back	A	Cindy
10:00 – 10:45	♣ Body Wellness	C	Barb
10:15 – 11:00	Low Impact Masters	A	Sue
10:30 – 11:15	Power Sculpt	B	Trish
10:40 – 11:40	Seniors & Beginner Yoga	D	Tami
10:45 – 11:30	♣ Body Wellness	C	Barb
11:00 – 11:30	Beginner PUMP	A	Sue
11:45 – 12:45	Ashtanga-Inspired Yoga	C	Tami
12:00 – 12:45	Shred	A	Blakey
1:00 – 2:00	Beginner ZUMBA	A	Ruth
4:30 – 5:30	Power Sculpt	B	Jeff
4:45 – 5:55	Beginner Yoga	C	Tami
5:00 – 6:00	Power Cycle	E	Kelley
5:30 – 6:00	Stretch & Abs	A	Sue
5:30 – 6:15	¡SWEAT!	B	Laura W.
5:30 – 6:15	Core Circuit	D	Rebecca W.
6:00 – 6:30	PUMP	A	Sue
6:00 – 7:00	Advanced Pilates	C	Alex
6:10 – 7:00	Cycling	E	Dean
6:30 – 6:45	Abdominals	A	Sue
6:30 – 7:30	Vinyasa Yoga	D	Rebecca W.
6:45 – 7:30	Body Breakthrough	B	Jeff
6:45 – 7:45	ZUMBA	A	Stephanie
7:00 – 8:30	Yoga	C	Matt
7:30 – 8:15	Rhythm Ride	E	Jeff

TUESDAY

Time	Class	Location	Instructor
5:40 – 6:40 am	Step	B	Sue
6:00 – 7:00	Cycling / Duathlon	E	Dean
6:40 – 7:00	Stretch & Relax	A	Sue
8:00 – 9:00	OM Yoga	D	Kara
8:00 – 9:25	Beginner/Intermediate Yoga	C	Margie
8:30 – 9:30	Cycling / Duathlon	E	Dean
8:45 – 9:15	Stretch & Abs	A	Sue
9:15 – 10:00	PUMP	A	Barb
9:15 – 10:15	Step Interval	B	Blakey
9:30 – 10:30	Advanced Pilates	C	Amanda
10:15 – 11:00	¡SWEAT!	A	Blakey
10:15 – 11:15	Beginner Step	B	Laura
10:15 – 11:30	Deep Release Yoga	D	Margie
10:30 – 11:30	Pilates	C	Amanda
11:30 – 12:30	Seniors & Beginner Yoga	D	Cindy
11:30 – 12:30	Rhythm Ride	E	Jeff
11:45 – 12:45	Vinyasa Yoga	C	Rebecca W.
12:00 – 12:45	Walk Tall / Osteoporosis	B	Dena
1:00 – 1:45	Arthritis /Tai Chi	B	Janet/Linda
4:30 – 5:30	Tabata	B	Jeff
4:45 – 5:30	PUMP	A	Beth M.
5:00 – 5:45	Double Trouble (Power Ride)	E	Kelley / Rebecca W.
5:00 – 6:00	Yoga Power Hour	C	Jamie
5:30 – 6:15	Beginner Tabata	A	Beth M.
5:30 – 6:30	Shred	B	Jeff
5:45 – 6:25	Double Trouble (Boot Camp)	D	Kelley/Rebecca W.
6:10 – 7:00	Cycling The 500 Calorie Ride	E	Dean
6:15 – 7:00	ZUMBA	A	Abbey
6:15 – 7:30	Yoga	C	Matt
6:30 – 7:30	Kickboxing	B	Rebecca B.
6:30 – 7:45	Men Only Yoga	D	Rory
7:00 – 8:00	YO - PUMP	A	Tammy

WEDNESDAY

Time	Class	Location	Instructor
5:40 – 6:20 am	Cardio	A	Sue
6:00 – 7:00	Kickboxing	B	Theresa
6:20 – 6:40	PUMP	A	Sue
6:40 – 7:00	Stretch & Abs	A	Sue
8:00 – 8:45	Hi-Low Impact	A	Sue
8:00 – 8:45	<u>Pilates Strength</u>	<u>D</u>	<u>Amanda</u>
8:15 – 9:10	Cycling	E	Dean
8:45 – 9:15	PUMP	A	Sue
8:45 – 10:00	OMG!	B	Annie
9:15 – 9:45	Stretch	A	Cindy
9:15 – 9:45	Stretch & Relax	C	Sue
9:15 – 10:15	Cycling	E	John
9:45 – 10:15	Ball/Core/Back	A	Cindy
10:00 – 10:45	♣ Body Wellness	C	Barb
10:15 – 11:00	Low Impact Masters	A	Blakey
10:30 – 11:15	Power Sculpt	B	Trish
10:40 – 11:40	Seniors & Beginner Yoga	D	Tami
10:45 – 11:30	♣ Body Wellness	C	Barb
11:00 – 11:30	Beginner PUMP	A	Blakey
11:30 – 12:30	Beginner Tabata	B	Jeff
11:45 – 12:45	Ashtanga-Inspired Yoga	C	Tami
12:00 – 12:45	Body Breakthrough	A	Blakey
1:00 – 2:00	Beginner ZUMBA	A	Ruth
4:15 – 4:30	ZUMBA Basics	A	Laura W.
4:30 – 5:15	ZUMBA	A	Laura W.
4:30 – 5:30	Body Breakthrough	B	Jeff
4:45 – 5:45	Beginner Yoga	C	Tami
5:30 – 6:00	Stretch & Abs	A	Sue
5:30 – 6:30	20/20/20	B	Jeff
5:30 – 6:30	Cycling	E	Rebecca W.
6:00 – 6:30	PUMP	A	Sue
6:00 – 7:00	Pilates	D	Alex
6:30 – 6:45	Abdominals	A	Sue
6:30 – 7:45	Yoga	C	Rory
6:30 – 7:15	Rhythm Ride	E	Jeff

THURSDAY

Time	Class	Location	Instructor
5:50 – 7:00 am	Yoga	C	Margie
6:00 – 7:00	Cycling	E	Dean
8:00 – 9:00	OM Yoga	D	Kara
8:00 – 9:25	Beginner/Intermediate Yoga	C	Margie
8:30 – 9:30	Rhythm Ride	E	Jeff
8:45 – 9:15	Stretch & Abs	A	Sue
9:15 – 10:00	PUMP	A	Barb
9:15 – 10:15	Step Interval	B	Blakey
9:30 – 10:30	Pilates	C	Alex
10:15 – 11:15	Beginner Ex. Low Impact	A	Laura
10:15 – 11:15	Body Breakthrough	B	Jeff
10:30 – 11:30	Pilates	C	Tracy
11:30 – 12:30	Seniors & Beginner Yoga	D	Cindy
11:30 – 12:30	Rhythm Ride	E	Jeff
11:45 – 12:45	Vinyasa Yoga	C	Rebecca W.
12:00 – 12:45	Walk Tall /Osteoporosis	B	Dena
1:00 – 1:45	Arthritis /Tai Chi	B	Janet/Linda
4:30 – 5:30	Shred	B	Jeff
5:00 – 5:45	<u>Double Trouble (Power Ride)</u>	<u>E</u>	<u>Kelley / Rebecca W.</u>
5:15 – 6:00	<u>Pilates Strength</u>	<u>C</u>	<u>Alex</u>
5:30 – 6:30	Power Sculpt	B	Jeff
5:45 – 6:25	<u>Double Trouble (Boot Camp)</u>	<u>D</u>	<u>Kelley/Rebecca W.</u>
6:15 – 7:00	ZUMBA	A	Angela
6:15 – 7:30	Yoga	C	Matt
7:00 – 8:00	YO - PUMP	D	Tammy

SURROUND YOURSELF AROUND
FITNESS MINDED PEOPLE.
POSITIVITY CAN BE SO CONTAGIOUS!

Schedule Effective July 2015

CLASS ROOM LOCATIONS

Class Room A: Located on the second level. Take stairway on right (just after you check in at the service desk). Classroom is at top of the stairway- second classroom from the left. Hardwood floor.

Class Room B: Located on the second level. Take stairway on right (just after you check in at the service desk). Class room is at top of stairway- first classroom from the left.

Class Room C: Located on the lower level, behind service desk, just past lobby area, straight ahead.

Class Room D: Located on the second level. Take glass stairway (to right of Café) classroom is straight ahead at top of stairs, second classroom from the left.

Cycling Room E: Located on the second level. Take glass stairway (to right of Café). Cycling room is straight ahead at top of stairs, first classroom on left side.

Pilates Studio: Located on the second level to the left of the cycling room.

FRIDAY

Time	Class	Location	Instructor
5:40 – 6:20 am	Cardio	A	Sue
5:55 – 6:40	Cycling	E	Dean
6:00 – 7:00	Kickboxing	B	Teresa
6:20 – 6:40	PUMP	A	Sue
6:40 – 7:00	Stretch & Abs	A	Sue
8:00 – 8:40	Hi-Low Impact	A	Sue
8:00 – 8:45	<u>Pilates Strength</u>	<u>D</u>	<u>Amanda</u>
8:00 – 9:00	Cycling	E	Dean
8:45 – 9:15	PUMP	A	Debra
8:45 – 10:15	Power Jam	B	Trish
9:00 – 9:45	Just Dance	C	Jane
9:15 – 9:45	Stretch	A	Cindy
9:15 – 10:15	Cycling The 500 Calorie Ride	E	Dean
9:45 – 10:15	Ball/Core/Back	A	Cindy
10:00 – 10:45	♣ Body Wellness	C	Barb
10:15 – 11:00	Low Impact Masters	A	Sue
10:15 – 11:15	Core Circuit	B	Rebecca W.
10:40 – 11:40	Seniors & Beginner Yoga	D	Tami
10:45 – 11:30	♣ Body Wellness	C	Barb
11:00 – 11:30	Beginner PUMP	A	Sue
11:45 – 12:45	Ashtanga-Inspired Yoga	C	Tami
12:00 – 12:45	Power Sculpt	B	Blakey
1:00 – 2:00	Yoga	C	Rebecca W.
4:30 – 5:25	Hip Hop	A	Alison
5:30 – 6:00	Stretch & Abs	<u>B</u>	Sue
5:30 – 6:30	Happy Hour Yoga	<u>C</u>	Margie
6:00 – 6:30	PUMP	<u>B</u>	Sue
6:30 – 6:45	Abdominals	<u>B</u>	Sue

SATURDAY

Time	Class	Location	Instructor
8:00 – 9:00 am	Beginner Yoga	C	Anne
8:00 – 9:00	Cycling	E	Jeff
8:15 – 9:15	Multiple Step	B	Beth
9:00 – 9:30	PUMP	A	Blakey/Sue
9:00 – 10:00	Core Circuit	D	Rebecca W.
9:30 – 10:15	Hi-Low Impact	A	Blakey/Sue
9:30 – 10:30	Power Sculpt	B	Jeff
10:00 – 11:00	Beginner Pilates	D	Alex
10:00 – 11:00	Power Cycle	E	Kelley
10:15 – 10:45	Stretch & Abs	A	Blakey/Sue
10:15 – 11:45	Yoga	C	Matt
10:30 – 11:30	Pi-Yo-Lates	B	Jeff
11:00 – 12:00	ZUMBA	A	Laura W./Abbey
11:00 – 12:00	Intermediate Pilates	D	Alex
11:30 – 12:30	Skills & Drills	B	Debbie H.

SUNDAY

Time	Class	Location	Instructor
9:00 – 10:00 am	Shred	B	Jeff
9:00 – 10:00	Cycling	E	Jennifer
10:00 – 11:00	Rhythm Ride	E	Jeff
10:00 – 11:30	Yoga	C	Tami
10:30 – 11:30	ZUMBA	A	Paula
11:00 – 12:00	Tabata	B	Jeff
11:45 – 12:30	Yoga Nidra Relaxation	C	Tami
12:30 – 1:30	Pilates	D	Becky

NEW CLASSES, CLASS TIMES OR A CHANGE IN INSTRUCTORS ARE UNDERLINED

♣ Class session is held in chairs ½ the time & ½ standing.
Sue Schonberger, Group Exercise Director: 896-3900 x114
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For daily class updates, call our CLASS HOTLINE: 896-3900 x123