

MONDAY	Time	Class	Room	Instructor
	5:55 - 6:40 AM	Cycling	E	Dean
	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
	8:15 - 9:00	Cycling	E	Dean
	8:45 - 9:15	PUMP	A	Sue
	8:45 - 10:00	Full Body	B	Annie
	9:00 - 9:45	Just Dance	C	Jane
	9:15 - 9:45	Stretch	A	Cindy
	9:15 - 10:15	Cycling	E	Katie
	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	Catherine
	10:45 - 11:30	♣ Body Wellness	C	Barb
	11:00 - 11:30	Beginner PUMP	A	Sue
	11:30 - 12:00	Cycling	E	Blakey
	11:45 - 12:45	Intermediate Yoga	C	Cindy
	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	Multi-level Yoga	C	Ashley
	5:00 - 6:00	Cycling	E	Lisa
	5:30 - 6:00	Stretch & Abs	A	Sue
	5:30 - 6:15	Body Breakthrough	B	Jeff
	6:00 - 6:30	PUMP	A	Sue
	6:00 - 7:00	Advanced Pilates	C	<u>Susie</u>
	6:10 - 7:00	Cycling	E	Dean
	6:30 - 7:15	Cardio Go	A	Sue
	6:30 - 7:30	Pi-Yo	B	Josh
	6:30 - 7:30	Vinyasa Yoga	D	Rebecca W.
	7:00 - 8:30	Intermediate Yoga	C	Matt

TUESDAY	Time	Class	Room	Instructor
	<u>5:40 - 6:30 AM</u>	Step/Intervals	B	Sue
	6:00 - 7:00	Cycling / Duathlon	E	Dean
	6:30 - 7:00	<u>Core/Stretch & Relax</u>	A	Sue
	7:00 - 7:45	Body Breakthrough	B	Jeff
	8:00 - 9:00	Intermediate Yoga	D	Kara
	8:00 - 9:25	Gentle 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	Lisa
	10:15 - 11:00	¡SWEAT!	A	Blakey
	10:15 - 11:15	Beginner Step	B	Laura
	10:15 - 11:30	Deep Release/Relax Yoga	D	Margie
	10:30 - 11:30	Beginner/Intermediate Pilates	C	Lisa
	11:30 - 12:30	Rhythm Ride	E	Jeff
	11:45 - 12:45	Vinyasa Yoga	C	Rebecca W.
	11:45 - 12:45	Senior & Beginner Yoga	D	Catherine
	12:00 - 1:00	Walk Tall / Osteoporosis	B	Debra
	4:30 - 5:30	Tabata	B	Jeff
	4:45 - 5:30	PUMP	A	Beth M.
	5:00 - 5:45	Cycling	E	Danielle
	5:00 - 6:00	Power Hour Yoga	C	Monica
	5:30 - 6:15	Beginner Tabata	A	Beth M.
	5:30 - 6:30	Shred	B	Jeff
	5:45 - 6:30	Muscle Evolution	D	Danielle
	6:10 - 7:00	Cycling The 500 Calorie Ride	E	Dean
	6:15 - 7:00	ZUMBA	A	Abbey
	6:15 - 7:45	Intermediate Yoga	C	Matt
	6:30 - 7:30	Core Fusion	B	Josh
	6:30 - 7:45	Men Only Yoga	D	Rory

WEDNESDAY	Time	Class	Room	Instructor
	5:30 - 6:30 AM	Cycling	E	Danielle
	5:40 - 6:20	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
	8:15 - 9:10	Cycling	E	Dean
	8:45 - 9:15	PUMP	A	Sue
	8:45 - 9:40	Pilates Strength	C	Susie
	8:45 - 9:30	VO2 Max	B	Trish
	9:15 - 9:45	Stretch	A	Cindy
	9:15 - 10:15	Cycling	E	Lori
	9:30 - 10:15	Tabata Circuit	B	Trish
	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	Senior & Beginner Yoga	D	Catherine
	10:45 - 11:30	♣ Body Wellness	C	Barb
	11:00 - 11:30	Beginner PUMP	A	Blakey
	11:30 - 12:30	Tabata Strength	B	Jeff
	11:45 - 12:45	Intermediate Yoga	C	Catherine
	12:00 - 12:45	Body Breakthrough	A	Blakey
	1:00 - 2:00	Beginner ZUMBA	A	Ruth
	4:30 - 5:30	Body Breakthrough	B	Jeff
	4:45 - 5:55	Multi-level Yoga	C	Ashley
	5:30 - 6:00	Stretch & Abs	A	Sue
	5:30 - 6:30	Bogo Boot Camp	B	Jeff
	5:30 - 6:30	Cycling	E	Lisa
	6:00 - 6:30	PUMP	A	Sue
	6:00 - 7:00	Pilates	D	Tracy G.
	6:30 - 7:15	Cardio Go	A	Sue
	6:30 - 7:20	Cycling	E	Christina
	6:30 - 7:30	Kickboxing	B	Danielle
	6:30 - 7:45	Multi-level Yoga	C	Rory

THURSDAY	Time	Class	Room	Instructor
	5:50 - 7:00 AM	Multi-level Yoga	C	Margie
	6:00 - 7:00	Cycling	E	Dean
	7:00 - 7:45	Tabata Mash-Up	B	Jeff
	8:00 - 9:00	Intermediate Yoga	D	Kara
	8:00 - 9:00	Rhythm Ride	E	Jeff
	8:00 - 9:25	Gentle Yoga	C	Margie
	8:45 - 9:15	Stretch & Abs	A	Sue
	9:15 - 10:00	PUMP	A	Barb
	9:15 - 10:15	Step Interval	B	Blakey
	9:15 - 10:15	Cycling	E	Annie
	9:30 - 10:30	Advanced Pilates	C	Lisa
	10:15 - 11:00	Body Breakthrough	B	Jeff
	10:15 - 11:15	Beginner Low Impact	A	Laura
	10:30 - 11:30	Beginner/Intermediate Pilates	C	Lisa
	10:30 - 11:30	Senior & Beginner Yoga	D	Cindy
	11:15 - 12:00	Oasis Stretch	A	Jeff
	11:45 - 12:45	Vinyasa Yoga	C	Rebecca W.
	12:00 - 1:00	Walk Tall / Osteoporosis	B	Debra
	1:00 - 2:00	Tai Chi	A	Martha
	5:00 - 5:40	¡SWEAT!	B	Beth M.
	5:00 - 5:45	Cycling	E	Danielle
	5:30 - 6:15	Pilates Strength	C	Tracy G.
	5:30 - 6:30	Yoga Ball	D	Rebecca W.
	5:45 - 6:30	Muscle Evolution	B	Danielle
	6:00 - 6:45	Cycle Jam	E	Josh
	6:15 - 7:00	ZUMBA	A	Angela
	6:15 - 7:45	Multi-level Yoga	C	Matt
	6:30 - 7:45	Anusara Elements Yoga	D	Tammy
	6:45 - 7:45	Fired-Up Sculpt	B	Josh

Schedule Effective April 2017

CLASS ROOM LOCATIONS

Class Room A: Located on the 2nd Level. Take stairway on right (just after you check in at the Service Desk). Classroom is at top of the stairway - 2nd classroom from the left. Hardwood floor.

Class Room B: Located on the 2nd level. Take stairway on right (just after you check in at the Service Desk). Class room is at top of stairway - 1st 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 2nd level. Take glass stairway (to right of Café) classroom is straight ahead at top of stairs, 2nd classroom from the left.

Cycling Room E: Located on the 2nd level. Take glass stairway (to right of Café). Cycling room is straight ahead at top of stairs, 1st classroom on left side.

Pilates Studio: Located on the 2nd level to the left of the cycling room.

FRIDAY	Time	Class	Room	Instructor
	5:40 - 6:20 AM	Step	B	Sue
	5:55 - 6:40	Cycling	E	Dean
	6:00 - 7:00	R.I.P.P.E.D	A	Theresa
	6:20 - 6:40	PUMP	B	Sue
	6:40 - 7:00	Stretch & Abs	B	Sue
	8:00 - 8:45	Step	B	Sue
	8:00 - 9:00	Cycling	E	Dean
	8:45 - 9:15	PUMP	A	Debra
	8:45 - 9:30	<u>VO2 Max</u>	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
	9:30 - 10:15	Shred	B	Trish
	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
	10:40 - 11:40	Senior & Beginner Yoga	D	Cindy
	10:45 - 11:30	♣ Body Wellness	C	Barb
	11:00 - 11:30	Beginner PUMP	A	Sue
	11:30 - 12:00	Cycling	E	Blakey
	11:45 - 12:45	Deep Release Yoga	C	Margie
	12:00 - 12:45	Power Sculpt	B	Blakey
	1:00 - 2:00	Multi-level Yoga	D	Rebecca
	4:30 - 5:25	Hip Hop	A	Alison
	5:00 - 5:45	Happy Hour Ride	E	Lauren
	5:00 - 6:00	Multi-level Yoga	<u>D</u>	Monica
	5:30 - 6:00	Stretch & Abs	A	Sue
	5:45 - 6:30	FitCamp	<u>D</u>	Lauren
	6:00 - 6:30	PUMP	A	Sue
	6:30 - 7:00	Relaxation *2nd & 4th Friday	D	Sue

SATURDAY	Time	Class	Room	Instructor
	7:15 - 8:15 AM	Cycling	E	Danielle
	8:00 - 9:00	Hatha Yoga	C	Anne
	8:15 - 9:15	Rhythm Ride	E	Jeff
	8:15 - 9:15	Multiple Step	B	Beth
	9:00 - 9:30	PUMP	A	Blakey / Sue
	9:00 - 10:00	Pi-Yo	C	Josh
	9:30 - 10:15	Hi-Low Impact	A	Blakey / Sue
	<u>9:30 - 10:20</u>	<u>Cycling</u>	<u>E</u>	<u>Christina</u>
	9:30 - 10:30	Power Sculpt	B	Jeff
	10:00 - 11:00	Beginner/Intermediate Pilates	D	Lisa
	10:15 - 10:45	Stretch & Abs	A	Blakey / Sue
	10:15 - 11:45	Intermediate Yoga	C	Matt
	10:30 - 11:30	Fired - Up Sculpt	B	Josh
	11:00 - 12:00	ZUMBA	A	Laura B. / Abbey
	11:00 - 12:00	Intermediate/Advanced Pilates	D	Lisa
	11:30 - 12:30	Cycle Jam	E	Josh

SUNDAY	Time	Class	Room	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	Multi-level Yoga	C	Ashley
	10:15 - 11:15	1-2-3Fit!	B	Sherri
	10:30 - 11:30	ZUMBA	A	Paula
	11:15 - 12:00	Tabata Boot Camp	B	Jeff
	11:45 - 12:30	Yoga Nidra/Visualization * 1st & 3rd Sun.	C	Margie
	12:30 - 1:30	Pilates	D	Lisa
	4:00 - 4:45	Muscle Evolution	B	Danielle
	4:45 - 5:30	Cycling	E	Danielle

CLASS ROOMS MAY BE RESERVED FOR SMALL GROUP TRAINING IN BETWEEN GROUP EXERCISE CLASSES. PLEASE CHECK WEEKLY SCHEDULE.

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

♣ Class session is held in chairs 1/2 the time & 1/2 standing.
Sue Schonberger, Group Exercise Director: 896-3900 x 114.
sschonberger@baptistmilestone.com
For daily class updates, call our Class Hotline: 896-3900 x 123.

