

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	B	Sue
	6:40 - 7:00	Stretch & Abs	B	Sue
	8:00 - 8:45	Hi-Low Impact	A	Sue
	8:00 - 8:50	Barre	C	Bekki Jo
	8:15 - 9:00	Cycling	E	Dean
	8:45 - 9:15	PUMP	A	Sue
	<u>8:45 - 9:30</u>	<u>Cardio Mash-up</u>	<u>B</u>	<u>Jennifer B.</u>
	9:00 - 9:45	Just Dance	C	Jane
	9:15 - 9:45	Stretch	A	Cindy
	9:15 - 10:15	Cycling	E	Katie
	9:30 - 10:15	<u>Body Breakthrough</u>	<u>B</u>	<u>Trish</u>
	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 & Level 1 Yoga	D	Elizabeth
	<u>10:45 - 11:40</u>	<u>Chair Yoga</u>	<u>C</u>	<u>Whitney</u>
	11:00 - 11:30	Level 1 PUMP	A	Sue
	11:30 - 12:00	Express Cycling	E	Blakey
	11:45 - 12:45	Level 2 Yoga	C	Cindy
	12:00 - 12:45	Tabata Trio	B	Blakey
	1:00 - 2:00	Level 1 ZUMBA	A	Ruth
	4:00 - 5:00	Barre	C	Bekki Jo
	4:30 - 5:30	Power Sculpt	B	Jeff
	4:45 - 5:55	Yoga	D	Ashley
	5:00 - 6:00	Barre	C	Bekki Jo
	5:30 - 6:00	Stretch & Abs	A	Sue
	5:30 - 6:15	Body Breakthrough	B	Jeff
	5:30 - 6:30	Cycling	E	Dean
	6:00 - 6:30	PUMP	A	Sue
	6:00 - 7:00	Pilates	C	Susie
	6:30 - 7:15	Cardio Go	A	Sue
	6:30 - 7:30	Pi-Yo	B	Josh
	6:30 - 7:30	Vinyasa Yoga	D	Rebecca
	7:00 - 8:30	Level 2 Yoga	C	Matt

TUESDAY	Time	Class	Room	Instructor
	5:40 - 6:30 AM	Step/Intervals	B	Sue
	6:00 - 7:00	Cycling / Duathlon	E	Dean
	6:30 - 7:00	Core/Stretch & Relax	A	Sue
	7:00 - 7:45	Recess Boot Camp	B	Jeff
	8:00 - 9:00	Level 2 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	Level 3 Pilates	C	Lisa
	10:15 - 11:15	Get Fit Intervals	B	Blakey
	10:15 - 11:15	Barre/Pilates	A	Bekki Jo
	10:15 - 11:30	Deep Release/Relax Yoga	D	Margie
	10:30 - 11:30	Pilates	C	Lisa
	11:15 - 12:00	Oasis Stretch	B	Kelly
	11:30 - 12:30	Rhythm Ride	E	Jeff
	11:45 - 12:45	Vinyasa Yoga	C	Rebecca
	11:45 - 12:45	Senior & Level 1 Yoga	D	<u>Rebecca C.</u>
	12:00 - 1:00	Walk Tall / Osteoporosis	A	Debra
	4:30 - 5:30	Tabata	B	Jeff
	5:00 - 6:00	Barre/Pilates	C	Susie
	5:00 - 6:00	Cycling	E	<u>Ashley</u>
	5:30 - 6:15	Level 1 Tabata	A	Christina
	5:30 - 6:30	Shred	B	Jeff
	5:30 - 6:30	Tai Chi	D	Martha
	6:10 - 7:00	Lots of Watts Cycling	E	Dean
	6:15 - 7:00	ZUMBA	A	Angela
	6:15 - 7:45	Level 2 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
	5:40 - 6:20 AM	Cardio	B	Sue
	6:00 - 7:00	Kickboxing	A	Theresa
	6:00 - 7:00	Power Performance Ride	E	Bridget
	6:20 - 6:40	PUMP	B	Sue
	6:40 - 7:00	Stretch & Abs	B	Sue
	<u>7:00 - 7:45</u>	<u>Tabata Strength</u>	<u>B</u>	<u>Jeff</u>
	<u>7:45 - 8:00</u>	<u>Express Abs</u>	<u>B</u>	<u>Jeff</u>
	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	C	Susie
	8:45 - 9:30	VO2 Max	B	Trish
	9:15 - 9:45	Stretch	A	Cindy
	9:15 - 10:15	Cycling	E	Christina
	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	Sue
	<u>10:30 - 11:30</u>	<u>Power Sculpt</u>	<u>D</u>	<u>Ashley</u>
	10:40 - 11:40	Senior & Level 1 Yoga	B	Elizabeth
	11:00 - 11:30	Level 1 PUMP	A	Sue
	11:30 - 12:30	Tabata Strength	A	Jeff
	11:30 - 12:00	Express Cycling	E	Blakey
	11:45 - 12:45	Level 2 Yoga	C	Kelly
	12:00 - 12:45	Get Fit Intervals	B	Blakey
	1:00 - 2:00	Level 1 ZUMBA	A	Ruth
	4:00 - 5:00	Barre	C	Bekki Jo
	4:30 - 5:30	Tabata Strength	B	Jeff
	4:45 - 5:55	Level 2 Yoga	D	Ashley
	5:00 - 6:00	Barre	C	Bekki Jo
	5:30 - 6:00	Stretch & Abs	A	Sue
	5:30 - 6:30	<u>20/20/20</u>	<u>B</u>	<u>Jeff</u>
	5:30 - 6:30	Cycling	E	Christina
	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 - 7:45	Level 3 Yoga	C	Rory

THURSDAY	Time	Class	Room	Instructor
	5:50 - 7:00 AM	Yoga	C	Margie
	6:00 - 7:00	Cycling	E	Dean
	7:00 - 7:45	Tabata Mash-Up	B	Jeff
	8:00 - 9:00	Level 2 Yoga	D	Kara
	8:00 - 9:25	Gentle Yoga	C	Margie
	8:15 - 9:10	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	Level 3 Pilates	C	Lisa
	10:15 - 11:00	Masters Pyramid	A	Blakey
	10:15 - 11:00	Body Breakthrough	B	Jeff
	10:30 - 11:30	Pilates	C	Lisa
	11:15 - 12:00	Oasis Stretch	B	Jeff
	11:45 - 12:45	Vinyasa Yoga	C	Rebecca
	11:45 - 12:45	Level 1 Yoga	D	Cindy
	12:00 - 1:00	Walk Tall / Osteoporosis	A	Debra
	1:00 - 2:00	Tai Chi	D	Martha
	<u>5:00 - 5:45</u>	<u>Cutting Edge Circuit</u>	<u>B</u>	<u>Tommy</u>
	5:00 - 5:45	Power Performance Ride	E	Bridget
	5:30 - 6:15	Pilates	C	Tracy G.
	5:45 - 6:30	Power Sculpt	B	Bridget
	6:00 - 6:45	Cycle Jam	E	Josh
	6:15 - 7:45	Yoga	C	Matt
	6:45 - 7:45	Fired-Up Sculpt	B	Josh

CLASS SCHEDULE EFFECTIVE DECEMBER 1, 2018

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	Kickboxing Plus	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 - 8:50	Barre	C	Bekki Jo
	8:00 - 9:00	Cycling	E	Dean
	8:45 - 9:15	PUMP	A	Debra
	8:45 - 9:30	VO2 Max	B	Trish
	9:00 - 9:45	Just Dance	C	Jane
	9:15 - 9:45	Stretch	A	Cindy
	9:15 - 10:15	Lots of Watts Cycling	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 & Level 1 Yoga	D	Cindy
	11:00 - 11:30	Level 1 PUMP	A	Sue
	11:30 - 12:00	Express Cycling	E	Blakey
	12:00 - 12:45	Power Sculpt	B	Blakey
	1:00 - 2:00	ZUMBA	A	Melodie
	1:00 - 2:00	Yoga	D	Rebecca
	4:30 - 5:25	Hip Hop	A	Alison
	<u>5:00 - 6:00</u>	<u>Power Sculpt</u>	<u>B</u>	<u>Tommy</u>
	5:30 - 6:00	Stretch & Abs	A	Sue
	6:00 - 6:30	PUMP	A	Sue

SATURDAY	Time	Class	Room	Instructor
	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	Sue
	9:00 - 10:00	Pi-Yo	C	Josh
	9:30 - 10:15	Hi-Low Impact	A	Sue
	9:30 - 10:30	Cycling	E	Christina/Bridget
	9:30 - 10:30	Power Sculpt	B	Jeff
	10:00 - 11:00	Pilates	D	Lisa
	10:15 - 10:45	Stretch & Abs	A	Sue
	10:15 - 11:45	Level 2 Yoga	C	Matt
	10:30 - 11:30	Fired - Up Sculpt	B	Josh
	11:00 - 12:00	ZUMBA	A	Laura B.
	11:00 - 12:00	Level 2 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
	<u>10:00 - 10:45</u>	<u>Oasis Stretch</u>	<u>B</u>	<u>Jeff</u>
	<u>10:00 - 11:00</u>	<u>Rhythm Ride</u>	<u>E</u>	<u>Bridget</u>
	10:30 - 11:30	ZUMBA	A	Paula
	10:30 - 11:30	Level 2 Yoga	C	Bekki Jo/Josh/Marg
	11:30 - 12:30	Yoga Nidra (only 3rd Sun/Monthly)	C	Margie
	11:30 - 12:30	Pop Pilates	D	Lisa
	12:30 - 1:30	Barre/Pilates	C	Lisa

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

LEVEL 1=BEGINNER / LEVEL 2= INTERMEDIATE / LEVEL 3= ADVANCED

ALL CLASSES ARE MULTI LEVEL UNLESS NOTED.

CLASS ROOMS MAY BE RESERVED FOR SMALL GROUP TRAINING IN BETWEEN GROUP EXERCISE CLASSES.

