

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
8:45 - 9:30	Cardio Mash-up	B	Jennifer B.
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	Body Breakthrough	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 - 11:00	Power Sculpt	B	Trish
10:40 - 11:40	Seniors & Level 1 Yoga	D	Elizabeth
10:45 - 11:40	Chair Yoga	C	Whitney
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

CLASS SCHEDULE EFFECTIVE FEBRUARY 1, 2019

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.

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	Rebecca C.
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	Cindy
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	Seniors & Level 1 Yoga	D	Rebecca C.
12:00 - 1:00	Walk Tall / Osteoporosis	A	Debra
<u>1:15 - 2:15</u>	<u>Seniors & Level 1 Mash-Up</u>	<u>A</u>	<u>Sue</u>
4:30 - 5:30	Tabata	B	Jeff
5:00 - 6:00	Barre/Pilates	C	Susie
5:00 - 6:00	Cycling	E	Ashley
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

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	Seniors & 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
5:00 - 6:00	Power Sculpt	B	Tommy
<u>5:30 - 6:30</u>	<u>Barre</u>	<u>C</u>	<u>Bekki Jo</u>
5:30 - 6:00	Stretch & Abs	A	Sue
6:00 - 6:30	PUMP	A	Sue
<u>6:30 - 7:15</u>	<u>Level 1 Step (1st, 2nd & 4th Fri/Monthly)</u>	<u>B</u>	<u>Sue</u>
<u>6:30 - 7:15</u>	<u>Relaxation and Visualization (3rd Fri/Monthly)</u>	<u>D</u>	<u>Sue</u>

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
7:00 - 7:45	Tabata Strength	B	Jeff
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
10:30 - 11:30	Power Sculpt	B	Ashley
10:40 - 11:40	Seniors & Level 1 Yoga	D	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	20/20/20	B	Jeff
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

Time	Class	Room	Instructor
8:00 - 9:00AM	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

Time	Class	Room	Instructor
5:50 - 7:00 AM	Yoga	C	Kelli T.
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	Kelly V.
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>1:15 - 2:15</u>	<u>Seniors and Level 1 Mash-Up</u>	<u>A</u>	<u>Sue</u>
5:00 - 5:45	Cutting Edge Circuit	B	Tommy
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

Time	Class	Room	Instructor
9:00 - 10:00 AM	Shred	B	Jeff
9:00 - 10:00	Cycling	E	Jennifer
10:00 - 10:45	Oasis Stretch	B	Jeff
10:00 - 11:00	Rhythm Ride	E	Bridget
10:00 - 11:30	Level 2 Yoga	C	Bekki Jo/Josh/Susan
10:30 - 11:30	ZUMBA	A	Paula
11:30 - 12:30	Yoga Nidra (only 3rd Sun/Monthly)	C	Susan
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.

