

MONDAY

Time	Class	Room	Instructor
5:55 - 6:40 AM	Cycling	E	Dean
6:20 - 7:00	PUMP, Stretch & Abs	B	Sue
8:00 - 8:45	Hi-Low Impact	A	Sue
8:00 - 8:45	Barre	C	Bekki Jo
8:15 - 9:00	Cycling	E	Dean
9:00 - 9:30	PUMP	A	Sue
10:00 - 10:30	Stretch	A	Cindy
10:45 - 11:45	Low Impact Masters/PUMP	A	Sue
4:15 - 4:45	PUMP	A	Sue
4:30 - 5:15	Body Breakthrough	B	Jeff
5:00 - 5:30	Stretch & Abs	A	Sue
5:00 - 6:00	Barre	C	Bekki Jo
5:30 - 6:15	Body Breakthrough	B	Jeff
5:30 - 6:15	Power Cycling	E	Bridget
5:45 - 6:15	PUMP	A	Sue
6:00 - 7:00	Vinyasa Yoga	D	Rebecca W.
6:30 - 7:00	Stretch & Abs	A	Sue

TUESDAY

Time	Class	Room	Instructor
5:40 - 6:30 AM	Step/Intervals	B	Sue
6:00 - 7:00	Cycling / Duathlon	E	Dean
7:00 - 7:45	Recess Boot Camp	B	Jeff
8:00 - 9:00	Level 2 Yoga	D	Kara
8:45 - 9:15	Stretch & Abs	A	Sue
10:30 - 11:30	Pilates	C	Lisa
11:45 - 12:45	Vinyasa Yoga	C	Rebecca W.
12:00 - 1:00	Walk Tall / Osteoporosis	A	Debbie
1:15 - 2:15	Seniors & Level 1 Mash-Up	A	Sue
4:00 - 4:45	Get Fit Intervals (live stream)	A	Lisa
4:30 - 5:15	Power Sculpt	B	Jeff
5:30 - 6:15	Power Sculpt	B	Jeff
5:30 - 6:30	Cycling	E	Dean
6:30 - 7:30	Yoga	C	Josh

WEDNESDAY

Time	Class	Room	Instructor
5:40 - 6:20 AM	Cardio Mash-up	B	Sue
6:20 - 7:00	PUMP, Stretch & Abs	B	Sue
8:00 - 8:45	Barre	C	Bekki Jo
8:00 - 8:45	Hi-Low Impact	A	Sue
8:15 - 9:00	Cycling	E	Dean
9:00 - 9:30	PUMP	A	Sue
10:00 - 10:30	Stretch	A	Cindy
10:15 - 11:00	Tabata Strength	B	Jeff
10:45 - 11:45	Low Impact Masters/PUMP	A	Sue
11:30 - 12:15	Tabata Strength	A	Jeff
4:15 - 4:45	PUMP	A	Sue
4:30 - 5:15	Tabata Strength	B	Jeff
5:00 - 5:30	Stretch & Abs	A	Sue
5:00 - 6:00	Barre	C	Bekki Jo
5:30 - 6:15	Tabata Strength	B	Jeff
5:30 - 6:15	Cycling	E	Jennifer D.
5:45 - 6:15	PUMP	A	Sue
6:30 - 7:00	Stretch & Abs	A	Sue

THURSDAY

Time	Class	Room	Instructor
6:00 - 7:00 AM	Cycling	E	Dean
7:00 - 7:45	Recess Boot Camp	B	Jeff
8:00 - 9:00	Level 2 Yoga	D	Kara
8:30 - 9:15	Power Sculpt	B	Jeff
8:45 - 9:15	Stretch & Abs	A	Sue
9:30 - 10:15	Oasis Stretch	A	Jeff
10:30 - 11:30	Pilates	C	Lisa
11:15 - 12:00	Oasis Stretch	B	Jeff
11:45 - 12:45	Vinyasa Yoga	C	Rebecca W.
12:00 - 1:00	Walk Tall / Osteoporosis	A	Debbie
1:00 - 2:00	Tai Chi	D	Martha
1:15 - 2:15	Seniors and Level 1 Mash-Up	A	Sue
4:00 - 4:45	Get Fit Intervals (live stream)	A	Lisa
5:30 - 6:15	Power Cycling	E	Bridget
6:30 - 7:30	Fired Up Sculpt	B	Josh

SCHEDULE EFFECTIVE JUNE 15, 2020

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
6:20 - 7:00	PUMP, Stretch & Abs	B	Sue
8:00 - 9:00	Step	B	Sue
8:00 - 8:45	Barre	C	Bekki Jo
9:15 - 10:15	Cycling	E	Dean
10:00 - 10:30	Stretch	A	Cindy
10:45 - 11:45	Low Impact Masters/PUMP	A	Sue
12:00 - 12:45	Express Yoga	C	Rebecca W.
4:30 - 5:25	Hip Hop	A	Alison
4:30 - 5:30	Barre	C	Bekki Jo

SATURDAY

Time	Class	Room	Instructor
8:15 - 9:15 AM	Multiple Step	B	Beth
8:45 - 9:15	PUMP	A	Sue
9:00 - 10:00	PIYo	C	Josh
9:30 - 10:30	Power Cycling	E	Bridget
9:30 - 10:15	Hi-Low Impact	A	Sue
9:30 - 10:15	Power Sculpt	B	Jeff
10:00 - 11:00	Pilates	D	Lisa
10:30 - 11:00	Stretch & Abs	A	Sue
10:30 - 11:15	Power Sculpt	B	Jeff
11:15 - 12:15	ZUMBA	A	Laura B.

SUNDAY

Time	Class	Room	Instructor
9:00 - 9:45 AM	Shred	B	Jeff
9:00 - 10:00	Cycling	E	Jennifer
10:15 - 11:00	Oasis Stretch	B	Jeff
10:30 - 11:30	Power Cycling	E	Bridget
11:30 - 12:30	Pop Pilates	D	Lisa

PER STATE GUIDELINES, CLASS SIZE IS LIMITED SO MEMBERS ARE REQUIRED TO REGISTER FOR EACH CLASS AT WWW.SIGNUPGENIUS.COM. WATCH FOR UPDATES!

LEVEL 1=BEGINNER / LEVEL 2= INTERMEDIATE / LEVEL 3= ADVANCED / ALL CLASSES ARE MULTI LEVEL UNLESS NOTED.

MEMBERS MUST BRING OWN YOGA MAT TO ALL YOGA CLASSES & STRONGLY ENCOURAGED FOR ALL OTHER MAT CLASSES.

SUE SCHONBERGER, GROUP EXERCISE DIRECTOR, 896-3900 x114

