

# Group Exercise Schedule - Winter 2019

Effective January 21st

	MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY			SATURDAY
5:00 AM	<b>Express Tabata</b> Martha 5:15-6:00 A	<b>Cycle 60</b> Paul 5:30-6:30 C		<b>Express Body Pump</b> Jen 5:30-6:15 A	<b>Cx-WorX</b> Ruth 5:30-6:00 Y		<b>Cycle 45</b> Kristy 5:15-6:00 C	<b>Body Combat</b> Jess 5:30-6:30 A		<b>Interval Training</b> Martha 5:15-6:00 Y	<b>Body Pump</b> Ruth 5:30-6:30 A		<b>Insanity</b> Jess 5:15-6:00 A	<b>Cycle 45</b> Kristy 5:15-6:00 C		<b>Interval Training Rotation</b> 8:15a-9:15a A
6:00 AM							<b>Cx-WorX</b> Kristy 6:00-6:30 Y						<b>Pilates</b> Kristy 6:00-6:30 Y			<b>Cycle 60 Rotation</b> 8:15a-9:15a C
7:00 AM							<b>Cycle 30</b> Kim 7:45-8:15 C									<b>Yoga Rotation</b> 8:15a-9:30a Y
8:00 AM	<b>Deep Water</b> Paul 8-9 L	<b>Cycle 45</b> Kim 8-8:45 C	<b>Step N Sculpt</b> Jenny 8:15-9:15 A	<b>Interval Training</b> Mary 8:15-9:15 A	<b>Cycle HIIT</b> Paul 8:15-9:00 C		<b>Boot Camp</b> Jen 8:15-9:15 A	<b>Gentle Yoga</b> Kim 8:30-9:30 Y		<b>Power Hour</b> Mary 8:15-9:15 A	<b>Yoga</b> Kim 8:30-9:45 Y		<b>Deep Water</b> Gayle 8-9 L	<b>Body Combat</b> Lynn 8:15-9:15 A	<b>Beginner Yoga</b> Kim 8:30-9:30 Y	<b>Body Combat Rotation</b> 9:15a-10:15a A
9:00 AM	<b>Aqua Intervals</b> Kim 9-10 L	<b>Yoga</b> Barbara 9:30-10:30 Y	<b>Light N Lively</b> Jenny 9:30-10:30 A	<b>WIM</b> Jen 9-10 L	<b>Gentle Yoga</b> Paul 9:30-10:30 Y	<b>Pump/CxWorX Fusion</b> Janette 9:30-10:30 A	<b>Deep Water</b> Paul 9-10 L	<b>Light N Lively</b> Megan 9:30-10:30 A	<b>Core 30</b> Lynn 9:30-10:00 Y	<b>WIM</b> Jen 9-10 L	<b>Body Pump</b> Janette 9:30-10:30 A		<b>Aqua Dance</b> Gayle 9-10 L	<b>Light N Lively</b> Lynn 9:30-10:30 A		<b>Gentle Yoga Rotation</b> 9:30a-10:30a Y
10:00 AM	<b>Aqua Vitality</b> Paul 10:15-10:45 W	<b>Range of Movement</b> Debbie 10:45-11:30 PT	<b>Yin Yoga</b> Barbara 10:45-11:45 Y	<b>Water Walking</b> Jen 10-11 L/W			<b>Aqua Vitality</b> Paul 10:15-10:45 W	<b>Range of Movement</b> Debbie 10:45-11:30 PT		<b>Water Walking</b> Kim 10-11 L/W			<b>Ai Chi</b> Gayle 10:15-10:45 W	<b>Gentle Yoga</b> Barbara 10:45-11:45 Y		<b>Body Pump Rotation</b> 10:15a-11:15a A
11:00 AM				<b>Aqua Arthritis</b> Paul 11:15-12:00 W			<b>Water Walking</b> Paul 11-12 L/W			<b>Aqua Arthritis</b> Paul 11:15-12:00 W						<b>SUNDAY</b>
12:00 PM	<b>Yoga</b> Barbara 12:00-1:15 Y	<b>Aqua Yoga</b> Debbie 12-1 W		<b>Restore Yoga</b> Debbie 12-1 Y			<b>Aqua Yoga</b> Debbie 12-1 W			<b>Restore Yoga</b> Debbie 12-1 Y			<b>Yoga</b> Barbara 12:00-1:15 Y			<b>Yoga</b> Kim 8:15a-9:30a Y
4:00 PM	<b>Yoga</b> Jim 4:15-5:30 Y	<b>Body Combat</b> Lori 4:30-5:30 A		<b>Zumba</b> Jackie 4:45-5:30 A			<b>Body Pump</b> Jen 4:30-5:30 A	<b>Yoga</b> Barbara 4:30-5:45 Y		<b>Body Combat</b> Lynn 4:30-5:30 A			<b>Body Pump</b> Jen 4:15-5:15 A			<b>Body Combat Rotation</b> 9:15a-10:15a A
5:00 PM	<b>Core 30</b> Lynn 5:30-6:00 Y	<b>Body Pump</b> Kristy 5:30-6:30 A		<b>Cycle HIIT</b> Tracy 5:15-5:45 C	<b>Combat Fusion</b> Lori 5:30-6:30 A		<b>Body Combat</b> John 5:30-6:30 A	<b>Ai Chi</b> Gayle 5:15-5:45 W		<b>Cycle HIIT</b> Tracy 5:15-5:45 C	<b>Body Pump</b> Lynn 5:30-6:30 A	<b>Core 30</b> Theresa 5:30-6:00 Y	<b>HIIT</b> Theresa 5:30-6:00 A			<b>Kundalini Yoga</b> Leslie 10:15a-11:30a Y
6:00 PM	<b>Aqua Splash</b> Ruth 6-7 L	<b>Gentle Yoga</b> Megan 6:15-7:15 Y		<b>Aqua Intervals</b> Tracy 6-7 L	<b>PiYo</b> Becky 6-7 Y		<b>Yoga</b> Barbara 6:00-7:15 Y	<b>WIM/Splash</b> Gayle 6-7 L		<b>Aqua Intervals</b> Tracy 6-7 L	<b>Yoga</b> Paul 6:15-7:15 Y					

**Locations:**  
 A = Aerobics Studio  
 C = Cycling Studio  
 L = Lap Pool  
 PT = Personal Training Studio  
 W = Warm Water Pool  
 Y = Yoga Studio

