


GROUP EXERCISE SCHEDULE

Monday, July 5 - Sunday, September 5

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	5:30 - 6:30 am Body Pump Amy P				8:00 - 8:50 am BodyCombat Amy R/Amy C
8:30 - 9:20 am Triple Threat Jennifer	8:00 - 8:55 am MyZone HIIT Lora		8:30 - 9:20 am BodyCombat Amy R	8:30 - 9:25 am Triple Threat Gemma	9:00 - 10:00 am Body Pump Victor
9:00 - 10:00 am Aqua Aerobics Susie P	9:00 - 10:00 am Aqua Aerobics Ruth	9:00 - 10:00 am Aqua Aerobics Loralee	9:00 - 10:00 am Aqua Aerobics Carl	9:00 - 10:00 am Aqua Aerobics Instructor Rotation	9:15 - 10:15 am Cycle Melissa
9:00 - 10:00 am Cycle Melissa	9:10 - 10:00 am Just Dance Lesley C	9:00 - 9:25 am Core Conditioning Lora	9:00 - 10:00 am Pilates Yoga Fusion Loralee	9:15 - 10:15 am Cycle Lisa H.	10:15 - 11:15 am Core Yoga Susan E
9:30 - 10:20 am Barre Fusion Janine	9:15 - 10:15 am Cycle Lora	9:15 - 10:15 am Cycle Lisa H.	9:15 - 10:00am Heart Plus Toning Kris (AOA)	9:30 - 10:25 am Just Dance Lesley C	
10:30 - 11:20 pm (AOA) Heart Plus Toning Kris	9:15 - 10:15 am Sit & Fit (AOA) Kris	9:15 - 10:05 am Chair Yoga (AOA) Elaine	9:30 - 10:20 am Barre Fusion Janine	10:00 - 10:55 am Chair Yoga (AOA) Audrey	
12:00 - 12:50pm Just Dance 101 (AOA) Lesley C	10:15 - 11:05 am Just Barre Lesley C	9:30 - 10:30 am Adult Ballet (AOA) Werner	10:30 - 11:30 am Body Pump Amy C	10:00 - 11:00 am Adult Ballet (AOA) Werner	SUNDAY
	10:15 - 11:15 am Body Pump Amy R	9:30 - 10:30 am Simply Strength Lora	11:45 - 3:15 pm Parkinson's Wellness <i>Registration Required</i>	10:30 - 11:00 am Arm, Core and Stretch Lesley C	8:30 - 9:20 am Cycle Susan E
11:45 - 12:45 pm Yoga Basics Liza	10:30 - 11:30 am Power Yoga Loralee	10:35 - 11:30 am Pilates Fusion Susan E	4:45 - 5:30 pm Yoga Tuneup Werner	11:00 - 12:00 pm Parkinson's Wellness <i>Registration Required</i>	9:00 - 10:00 am Vinyasa Flow Yoga Liza
1:00 - 3:15 pm Parkinson's Wellness <i>Registration Required</i>	11:30 - 3:15 pm Parkinson's Wellness <i>Registration Required</i>	11:30 - 12:30 pm Balance & Stability Fabian (AOA)		5:35 - 6:25 pm Barre Fusion Rotation	11:15 - 12:15 pm (AOA) Heart Plus Toning Werner
5:30 - 6:30 pm Aqua Aerobics Susie	5:30 - 6:20 pm Barre Fusion Janine	1:00 - 3:15 pm Parkinson's Wellness <i>Registration Required</i>		12:30 - 1:30 pm (AOA) Therapeutic Yoga Marlene	9:30 - 10:15 am Strength & Core Susan E
5:30 - 6:30 pm Body Pump Victor	6:15 - 7:15 pm Cycle Bill P	5:30 - 6:30 pm Core Yoga Susan E			2:00 - 3:00 pm Total Body Yoga Liza
5:30 - 6:30 pm Yoga Basics Marjorie					(AOA) Active Older Adult

General class information

Classes are multilevel unless otherwise noted. Cell phones may be used in the café, library and lobby areas only. Class times, formats and instructors are subject to change without notice. Low attendance classes are subject to cancellation at any time.

Cycle class notice

Sign up is mandatory. Registration / sign up begins one hour before class time at the Member Services Desk. You will be given a numbered tag that you are to hang from the bike of your choice. All tagged, yet unoccupied, bikes at the start of class will be made available to waiting participants.

CODES:

- Cycle Studio ●
- Lap Pool ●
- Main Studio ●
- Mind/Body Studio ●
- Banquet Room ●