

## GROUP EXERCISE SCHEDULE

Monday, October 4 - Tuesday, November 23

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00 - 6:50 am Bootcamp Aaron	5:30 - 6:30 am Body Pump Amy P	6:00 - 7:00 am Sunrise Yoga Steven F		5:30 - 5:55 am Tabata Cardio Conditioning Express Amy K	8:00 - 8:50 am BodyCombat Amy R/Amy C
8:30 - 9:20 am Triple Threat Jennifer		9:00 - 10:00 am Aqua Aerobics Loralee	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	8:00 - 8:55 am MyZone HIIT Lora	9:00 - 9:25 am Core Conditioning Lora	9:00 - 10:00 am Aqua Aerobics Carl	9:00 - 10:00 am Aqua Aerobics Instructor Rotation	9:15 - 10:15 am Cycle Melissa
9:15 - 10:15 am Cycle Melissa	9:00 - 10:00 am Aqua Aerobics Loralee	9:15 - 10:15 am Cycle Lisa H.	9:00 - 10:00 am Pilates Mat-Based 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	9:10 - 10:00 am Just Dance Lesley C	9:15 - 10:05 am Chair Yoga (AOA) Elaine	9:15 - 10:00 am Heart Plus Toning Kris (AOA)	9:30 - 10:25 am Just Dance Lesley C	
10:15 - 11:15 pm Parkinson's Wellness <i>Registration Required</i>	9:15 - 10:30 am Cycle & Strength Lora	9:30 - 10:30 am Adult Ballet (AOA) Werner	9:30 - 10:20 am Barre Fusion Janine	10:00 - 10:55 am Chair Yoga (AOA) Audrey	
10:30 - 11:20 am (AOA) Heart Plus Toning Kris	9:15 - 10:15 am Sit & Fit (AOA) Kris	9:30 - 10:30 am Simply Strength Lora	10:15 - 11:15 pm Parkinson's Wellness <i>Registration Required</i>	10:00 - 11:00 am Adult Ballet (AOA) Werner	<b>SUNDAY</b>
11:30 - 12:30 pm BeMoved Dance Joanie (AO) Class will not be held on 10/18 & 10/25	10:15 - 11:05 am Just Barre Lesley C	10:15 - 11:15 pm Parkinson's Wellness <i>Registration Required</i>	10:30 - 11:30 am Body Pump Amy C	10:30 - 11:00 am Arm, Core and Stretch Lesley C	8:30 - 9:20 am Cycle Susan E
12:00 - 12:50pm Just Dance 101 Lesley	10:15 - 11:15 am Body Pump Amy R	10:35 - 11:25 am Pilates Fusion Susan E	11:30 - 12:30 pm Restorative Yoga Steven F	11:15 - 12:15 pm Parkinson's Wellness <i>Registration Required</i>	9:00 - 10:00 am Vinyasa Flow Yoga Tatiana
11:45 am - 12:45 pm Yoga Basics Liza	10:30 - 11:30 am Vinyasa Flow Yoga Loralee	11:30 am - 12:30 pm Balance & Stability Fabian (AOA)	11:45 - 3:15 pm Parkinson's Wellness <i>Registration Required</i>	11:15 am - 12:15 pm (AOA) Heart Plus Toning Werner	9:30 - 10:20 am Strength & Core Susan E
1:00 - 3:15 pm Parkinson's Wellness <i>Registration Required</i>	11:30 - 3:15 pm Parkinson's Wellness <i>Registration Required</i>	1:00 - 3:15 pm Parkinson's Wellness <i>Registration Required</i>	4:45 - 5:30 pm Yoga Tuneup Werner	12:30 - 1:30 pm (AOA) Therapeutic Yoga Marlene	2:00 - 3:00 pm Total Body Yoga Liza
5:30 - 6:30 pm Aqua Aerobics Susie	5:15 - 6:05 pm Barre Fusion Janine	5:30 - 6:30 pm Core Yoga Tatiana	5:35 - 6:25 pm Barre Fusion Rotation		(AOA) Active Older Adult
5:30 - 6:30 pm Body Pump Victor	6:15 - 7:15 pm Cycle Bill P	5:30 - 6:30 pm North end of the Track 3-Ring Circuits Gemma	5:30 - 6:30 pm Cycle Carol		<b>CODES:</b> Cycle Studio ● Lap Pool ● Main Studio ● Mind/Body Studio ○ Banquet Room ● Track ●
5:30 - 6:30 pm Yoga Basics Marjorie	<p><b>General class information</b> 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.</p> <p><b>Cycle class notice</b> 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.</p>				

For more information, contact Amy Rosales at 847.535.7632.