






GROUP EXERCISE SCHEDULE

Monday, November 29 - Sunday, January 2

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	NEW! 6:00 - 7:00 am Cycle Bill	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	NEW! 6:00 - 7:00 am Vinyasa Flow Yoga Loralee	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	8:30 - 9:25 am Triple Threat Gemma	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	9:00 - 10:00 am Aqua Aerobics Instructor Rotation	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)	9:15 - 10:15 am Cycle Lisa H.	
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	9:30 - 10:25 am Just Dance Lesley C	
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 - 10:55 am Chair Yoga (AOA) Audrey	SUNDAY
11:30 - 12:30 pm BeMoved Dance Joanie (AO)	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	10:20 - 11:10 am Adult Ballet (AOA) Werner	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	10:30 - 11:00 am Arm, Core and Stretch Lesley C	9:00 - 10:00 am Aqua Aerobics Instructor Rotation
11:45 am - 12:45 pm Yoga Basics Liza		11:30 am - 12:30 pm Balance & Stability Fabian (AOA)	11:45 - 3:15 pm Parkinson's Wellness <i>Registration Required</i>	11:15 - 12:15 pm Parkinson's Wellness <i>Registration Required</i>	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 - 5:45 pm Yoga Tuneup Werner	11:15 am - 12:15 pm (AOA) Heart Plus Toning Werner	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 Vinyasa Flow Yoga Tatiana	5:30 - 6:20 pm Barre Fusion Rotation	12:30 - 1:30 pm (AOA) Therapeutic Yoga Elaine	(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		CODES: Cycle Studio 
5:30 - 6:30 pm Yoga Basics Marjorie					Lap Pool 
					Main Studio 
					Mind/Body Studio 
					Banquet Room 
					Track 

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.

For more information, contact Amy Rosales at 847.535.7632.