


GROUP EXERCISE SCHEDULE

Monday, January 3 - Sunday, February 13

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 Steve	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	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 Janet	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.	New! 10:15 - 11:15 am Body Pump Susie N
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	New! 9:15 - 10:10 am Cycle Susan E	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	9:30 - 10:20 am Barre Fusion Janine	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>	10:15 - 11:15 pm Parkinson's Wellness <i>Registration Required</i>	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	10:30 - 11:30 am Body Pump Amy C	10:30 - 11:00 am Arm, Core and Stretch Lesley C	9:00 - 10:00 am Vinyasa Flow Yoga Tatiana
11:45 am - 12:45 pm Yoga Basics Liza		10:35 - 11:25 am Pilates Fusion Susan E	10:30 - 11:30 am Body Pump Amy C	11:15 - 12:15 pm Parkinson's Wellness <i>Registration Required</i>	9:00 - 10:00 am Aqua Aerobics Instructor Rotation
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 am - 12:30 pm Balance & Stability Fabian (AOA)	11:30 - 12:30 pm Restorative Yoga Steve	11:15 am - 12:15 pm (AOA) Heart Plus Toning Werner	9:30 - 10:20 am Strength & Core Susan E
5:30 - 6:30 pm Aqua Aerobics Susie	5:15 - 6:05 pm Barre Fusion Janine	1:00 - 3:15 pm Parkinson's Wellness <i>Registration Required</i>	11:45 - 3:15 pm Parkinson's Wellness <i>Registration Required</i>	12:30 - 1:30 pm (AOA) Therapeutic Yoga Elaine	2:00 - 3:00 pm Total Body Yoga Liza
5:30 - 6:30 pm Body Pump Victor	6:15 - 7:15 pm Cycle Bill P	5:30 - 6:30 pm Vinyasa Flow Yoga Tatiana	4:45 - 5:45 pm Yoga Tuneup Werner		(AOA) Active Older Adult
5:30 - 6:30 pm Yoga Basics Steve		New! 5:30 - 6:30 pm Body Pump Carol	5:30 - 6:20 pm Barre Fusion Rotation		CODES: Cycle Studio  Lap Pool  Main Studio  Mind/Body Studio  Banquet Room 
		New! 6:00 - 7:00 pm Aqua Aerobics Susie	5:30 - 6:30 pm Cycle Carol		

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.