

group exercise INCLUDED IN MEMBERSHIP

OCTOBER 11 - 17



STRENGTH & TONING

| MON | TUES | WED | THURS | FRI | SAT | SUN |
|---|---|--|--|---|-------------------------------------|------------------------------------|
| BODYPUMP 5:30 - 6:30am Sandy (G2) | | BODYPUMP 5:30 - 6:30am Sandy (G2) | | BODYPUMP 5:30 - 6:30am Amber (G2) | | |
| | SENIOR FUN & FIT 8:45 - 9:30am Brenda (G2) | | | | | |
| BODYPUMP 9:00 - 9:45am Tammy (G2) | SENIOR CIRCUIT 9:45 - 10:30am Brenda (G2) | BODYPUMP 9:00 - 9:45am Amber (G2) | | | BODYPUMP 10:00 am Alyssa (G2) | |
| | | SS CLASSIC 11:00-11:45am Margaret (Y1) | | BODYPUMP 10:15 am Katie (G2) | | BODYPUMP 10:45 am Sandy (G2) |
| | BODYPUMP 12:00-12:45pm Yvonne (G2) | | BODYPUMP 12:00-12:45pm Alyssa (G2) | | | |
| | BODYPUMP 4:45 pm Alyssa (G2) | | BODYPUMP 4:45 pm Yvonne (G2) | | | |
| | | BODYPUMP 5:45 pm Katie (G2) | | | | |
| BODYPUMP 7:00 pm Katya (G2) | | | BODYPUMP 7:00 pm Katya (G2) | | | |

FITNESS CLASS LOCATIONS

- Y1 = Yoga Room (1st Floor)
- G2 = Large Group Exercise Room (2nd Floor)
- C2 = Cycling Room (2nd Floor)

STEP OR DANCE FITNESS

| MON | TUES | WED | THURS | FRI | SAT | SUN |
|------------------------------------|--------------------------------------|-----|---|----------------------------------|--------------------------------|-----------------------------------|
| | ZUMBA 5:30 - 6:30am Lexy (G2) | | ZUMBA 5:30 - 6:30am Lexy (G2) | | | |
| | | | | | ZUMBA 8:30 am Corey (G2) | |
| ZUMBA 10:15 am Brittany (G2) | | | ZUMBA 9:00 am Tiffany (G2) | ZUMBA 9:00 am Jasmine (G2) | | ZUMBA 9:15 am Brittany (G2) |
| | | | | | | |
| ZUMBA 5:45 pm Andy (G2) | ZUMBA 6:00 - 6:45pm Corey (G2) | | ZUMBA 6:00 - 6:45pm Brittany (G2) | | | |

CYCLING

| MON | TUES | WED | THURS | FRI | SAT | SUN |
|-------------------------------------|---|---|------------------------------------|---|---|-----|
| | RPM 5:30 - 6:15am Kerri (C2) | RPM 5:30 - 6:15am Michelle (C2) | | RPM 5:30 - 6:15am Julie (C2) | | |
| | | | | | POWER CYCLING 8:30 - 9:30am Karen (C2) | |
| | GROUP CYCLING 9:00 - 9:45am Lauren (C2) | | RPM 9:00 - 9:45am Tammy (C2) | GROUP CYCLING 9:00 - 9:45am Lauren (C2) | | |
| | | | | | GROUP CYCLING 11:00 - 11:45am Davina (C2) | |
| RPM 12:00-12:45pm Alyssa (C2) | | GROUP CYCLING 12:00-12:45pm Lauren (C2) | | | | |
| | | | | | | |
| RPM 5:30 pm Karen (C2) | RPM 5:30 - 6:15pm Yvonne outside | RPM 5:30 pm Karen (C2) | | | | |
| | | | | | | |

YOGA

| MON | TUES | WED | THURS | FRI | SAT | SUN |
|--|--|--|---|--|--------------------------------------|--------------------------------------|
| | | | | | | |
| | | | | | YOGA FLOW 8:00 am Katie K (Y1) | |
| GENTLE YOGA 10:00 am Kerri (Y1) | | GENTLE YOGA 10:00 am Steph (Y1) | CHAIR YOGA 10:00 am Brenda (Y1) | GENTLE YOGA 10:00 am Tara (Y1) | | |
| YOGA FLOW 12:00 - 12:45pm Katherine (Y1) | | YOGA FLOW 12:00 - 12:45pm Katherine (Y1) | YOGA FLOW 12:00 - 12:45pm Lisa (Y1) | YOGA FLOW 12:00 - 12:45pm Steph (Y1) | | YOGA FLOW 12:00pm Heather (Y1) |
| | | SPORT YOGA 1:00 - 1:45PM Chris (G2) | | | | |
| | | | | | | |
| YOGA FLOW 6:00 pm Lisa | ANIMAL FLOW 6:00 pm Jasmine (Y1) | YOGA FLOW 6:00 pm Heather (Y1) | ANIMAL FLOW 6:00 pm Jasmine (Y1) | | | |