

MONDAY	Time	Class	Room	Instructor
	5:55 - 6:40	Cycling	E	Dean
	6:20 - 7:00	PUMP/Stretch & Abs	B	Sue
	8:00 - 8:45	Hi-Low Impact	A	Sue
	8:00 - 8:45	Barre	C	Bekki Jo
	9:00 - 9:30	PUMP	A	Sue
	9:15 - 10:00	TRX Boot Camp	D	Jennifer
	9:45 - 10:15	Stretch	A	Cindy
	10:30 - 11:30	Low Impact Masters/PUMP	A	Sue
	11:30 - 12:00	Express Cycling	E	Blakey
	12:15 - 1:00	Tabata Trio	B	Blakey
	4:15 - 4:45	PUMP	A	Sue
	5:00 - 5:30	Stretch & Abs	A	Sue
	5:00 - 6:00	Barre	C	Bekki Jo
	5:15 - 6:00	20/20/20	B	Rebecca W.
	5:30 - 6:15	Power Cycling	E	Bridget
	5:45 - 6:15	PUMP	A	Sue
	6:15 - 7:00	Pilates	D	Tracy G.
	6:15 - 7:15	Vinyasa Yoga	C	Rebecca W.
	6:30 - 7:00	Stretch & Abs	A	Sue

TUESDAY	Time	Class	Room	Instructor
	5:40 - 6:30 AM	Step Intervals	B	Sue
	6:00 - 7:00	Kickboxing	A	Theresa
	8:00 - 9:00	Level 2 Yoga	D	Kara
	8:45 - 9:15	Stretch & Abs	A	Sue
	9:15 - 10:00	Step Intervals	B	Blakey
	9:45 - 10:30	Cycling	E	Christina
	10:30 - 11:30	Pilates	D	Lisa
	11:45 - 12:45	Vinyasa Yoga	C	Rebecca W.
	12:00 - 1:00	Walk Tall / Osteoporosis	A	Debbie
	1:00 - 2:00	Tai Chi	D	Martha
	1:15 - 2:15	Seniors & Level 1 Mash-Up	A	Sue
	4:00 - 4:45	Get Fit Intervals (live stream)	A	Lisa Jo
	5:30 - 6:15	Tabata	B	Jennifer T.
	5:30 - 6:30	Cycling	E	Dean
	6:00 - 7:15	Men Only Yoga	D	Susan
	6:30 - 7:30	Multi Level Yoga	C	Josh

WEDNESDAY	Time	Class	Room	Instructor
	5:40 - 6:20 AM	Step	B	Sue
	6:00 - 7:00	Kickboxing	A	Theresa
	6:20 - 7:00	PUMP / Stretch & Abs	B	Sue
	8:00 - 8:45	Barre	C	Bekki Jo
	8:00 - 8:45	Hi-Low Impact	A	Sue
	9:00 - 9:30	PUMP	A	Sue
	9:15 - 10:00	Cycling	E	Dean
	9:45 - 10:15	Stretch	A	Cindy
	10:00 - 10:45	Senior/Gentle Yoga	D	Jen
	10:15 - 11:00	Tabata Strength	B	Lisa Jo
	10:30 - 11:30	Low Impact Masters / PUMP	A	Sue
	11:30 - 12:00	Express Cycling	E	Blakey
	12:15 - 1:00	Get Fit Intervals	B	Blakey
	4:15 - 4:45	PUMP	A	Sue
	4:30 - 5:15	Barre	C	Bekki Jo
	5:00 - 5:30	Stretch & Abs	A	Sue
	5:30 - 6:15	Power Fit	B	Bekki Jo
	5:30 - 6:30	Multi Level Yoga	D	Susan
	5:30 - 6:30	Cycling	E	Todd
	5:45 - 6:15	PUMP	A	Sue
	6:30 - 7:00	Stretch & Abs	A	Sue

THURSDAY	Time	Class	Room	Instructor
	6:00 - 7:00 AM	Cycling	E	Dean
	8:00 - 9:00	Level 2 Yoga	D	Kara
	8:45 - 9:15	Stretch & Abs	A	Sue
	9:15 - 10:00	Step Intervals	B	Blakey
	10:30 - 11:30	Pilates	D	Lisa
	11:45 - 12:45	Vinyasa Yoga	C	Rebecca W.
	12:00 - 1:00	Walk Tall / Osteoporosis	A	Debbie
	1:00 - 2:00	Tai Chi	D	Martha
	1:15 - 2:15	Seniors and Level 1 Mash-Up	A	Sue
	4:00 - 4:45	Get Fit Intervals (live stream)	A	Lisa Jo
	5:00 - 6:00	Hip Hop	A	Alison
	5:30 - 6:15	Power Cycling	E	Bridget
	6:30 - 7:30	Fired Up Sculpt	B	Josh

SCHEDULE EFFECTIVE SEPTEMBER 14 - 20

CLASS ROOM LOCATIONS

Class Room A: Located on the 2nd Level. Take stairway on right (just after you check in at the Service Desk). Classroom is at top of the stairway - 2nd classroom from the left. Hardwood floor.

Class Room B: Located on the 2nd level. Take stairway on right (just after you check in at the Service Desk). Class room is at top of stairway - 1st classroom from the left.

Class Room C: Located on the lower level, behind Service Desk, just past lobby area, straight ahead.

Class Room D: Located on the 2nd level. Take glass stairway (to right of Café) classroom is straight ahead at top of stairs, 2nd classroom from the left.

Cycling Room E: Located on the 2nd level. Take glass stairway (to right of Café). Cycling room is straight ahead at top of stairs, 1st classroom on left side.

Pilates Studio: Located on the 2nd level to the left of the cycling room.

FRIDAY	Time	Class	Room	Instructor
	5:40 - 6:20 AM	Hi/Low	A	Sue
	6:20 - 7:00	PUMP / Stretch & Abs	A	Sue
	8:00 - 8:45	Step	A	Sue
	8:00 - 8:45	Barre	C	Bekki Jo
	9:00 - 9:30	PUMP	A	Debbie
	9:15 - 10:00	Cycling	E	Dean
	9:45 - 10:15	Stretch	A	Cindy
	10:15 - 11:00	Core Circuit	B	Rebecca W.
	10:30 - 11:30	Low Impact Masters/PUMP	A	Sue
	12:00 - 12:45	Express Yoga	C	Rebecca W.
	4:15 - 4:45	PUMP	A	Sue
	4:30 - 5:30	Barre	C	Bekki Jo
	5:00 - 5:30	Stretch & Abs	A	Sue

SATURDAY	Time	Class	Room	Instructor
	8:15 - 9:15 AM	Multiple Step	B	Beth
	9:00 - 9:45	Hi/Low Impact	A	Sue
	9:00 - 9:45	TRX Boot Camp	D	Jennifer
	9:00 - 10:00	PiYo	C	Josh
	9:30 - 10:30	Power Cycling	E	Bridget
	9:45 - 10:30	Power Sculpt	B	Jennifer
	10:00 - 10:30	Stretch & Abs	A	Sue
	10:00 - 11:00	Pilates	D	Lisa
	10:30 - 11:30	Fired Up Sculpt	B	Josh
	11:15 - 12:15	ZUMBA	A	Laura B.
	11:15 - 12:15	Pilates	D	Lisa

SUNDAY	Time	Class	Room	Instructor
	9:00 - 9:45 AM	Athletic Conditioning	B	Tommy
	9:00 - 10:00	Cycling	E	Jennifer
	10:15 - 11:00	TRX	D	Jennifer
	10:30 - 11:30	Power Cycling	E	Bridget
	11:30 - 12:30	Pop Pilates	D	Tracy G.

PER STATE GUIDELINES, CLASS SIZE IS LIMITED SO MEMBERS ARE REQUIRED TO REGISTER FOR EACH CLASS AT WWW.SIGNUPGENIUS.COM. WATCH FOR UPDATES!

LEVEL 1=BEGINNER / LEVEL 2= INTERMEDIATE / LEVEL 3= ADVANCED / ALL CLASSES ARE MULTI LEVEL UNLESS NOTED.
MEMBERS MUST BRING OWN YOGA MAT TO ALL YOGA CLASSES & STRONGLY ENCOURAGED FOR ALL OTHER MAT CLASSES.

SUE SCHONBERGER, GROUP EXERCISE DIRECTOR, 896-3900 x114

