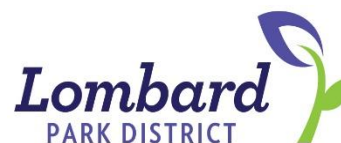




GROUP FITNESS CLASS SCHEDULE

Dates: Week of 06/03 – Week of 08/19

Classes Will Not Meet On: 07/01 – 07/06



	Time	Duration (mins)	Class	Location	Instructor	Code	Section
Monday (06/03 - 08/19)	8:10a	45	Gentle A.M. Yoga	Studio 2	Marisa	206210	01
	8:45a	45	Interval Training + Abs	Gym	Cinthia	206272	01
	9:00a	45	Essentials	Studio 2	Marisa	206234	01
	9:00a	55	Vinyasa Flow	Studio 1	Katie	206207	01
	10:00a	45	Cardio, Core & More	Studio 2	Jennifer	206236	04
	10:15a	45	Active Older Adults (AOA)	Studio 1	Sarah	206217	01
	4:20p	45	On the Ball	Studio 2	Marisa	206216	01
	5:10p	45	Cardio, Core & More	Studio 2	Marisa	206263	01
	6:05p	45	Prenatal Yoga	Studio 1	Marisa	206212	01
	6:00p	55	Zumba	Studio 2	Julie W.	206205	01
7:45p	45	Zumba Step	Studio 2	Cinthia	206252	01	
Tuesday (06/04 - 08/20)	5:30a	55	Boot Camp	Studio 2	John	206223	01
	8:00a	55	Barre Above	Studio 2	Julie W	206257	01
	8:10am	45	Outdoor Intervals	MMAC	Marisa	206270	01
	9:00a	55	WERQ	Studio 2	Danielle	206215	01
	9:00a	45	POUND	Studio 1	Julie W.	206273	01
	10:00a	45	TRX Interval	Studio 1	Kathy	206233	01
	10:00a	45	Zen	Studio 2	Julie K	206244	01
	4:20p	45	Parent/Child Yoga	Studio 2	Marisa	206400	01
	5:10p	45	Essentials	Studio 2	Marisa	206234	02
	6:00p	45	Train with a Trainer	Studio 1	Lou Ann	206238	01
	6:00p	45	Yoga	Studio 2	Marisa	206206	01
	7:00p	55	Kick/Sculpt/Core	Studio 2	Cinthia	206201	02
	8:00p	60	Sunset Yoga	Studio 2	Alix	206209	01
Wednesday (06/05 - 08/21)	8:00a	55	Barre Above	Studio 2	Julie W	206257	02
	8:10a	45	Chair Yoga	Studio 1	Marisa	206211	01
	9:00a	45	TRX Interval	Studio 1	Kathy	206233	02
	9:00a	45	Barre Fit	Studio 2	Marisa	206256	01
	9:50a	45	Cardio Core and More	Studio 1	Marisa	206263	02
	10:00a	55	WERQ	Studio 2	Danielle	206215	02
	5:00p	55	Half & Half	Studio 2	Pat B.	206251	01
	6:00p	55	Weights, Resistance, and Balance	Studio 2	Pat B.	206255	01
	6:15p	45	Yoga Dance Fusion	Studio 1	Mary Ann	206254	01
	7:00p	45	Boot Camp	Studio 1	John	206223	02
7:00p	55	Front/Back/Side	Studio 2	Pat B.	206250	01	
Thursday (06/06 - 08/22)	5:30a	55	Boot Camp	Studio 2	John	206223	03
	9:00a	45	Outdoor Intervals	MMAC	Marisa	206270	02
	9:15a	45	Boot Camp	Studio 1	Sarah	206223	04
	10:00a	45	Yoga Lite	Studio 2	Julie K.	206300	01
	10:15a	45	Active Older Adults (AOA)	Studio 1	Sarah	206217	02
	4:20p	45	Kids/Teen Yoga	Studio 2	Marisa	206103	01
	5:10p	45	Barre Fit	Studio 2	Marisa	206256	02
	6:00p	55	Zumba	Studio 2	Julie W.	206205	02
	6:15p	45	Yoga	Studio 1	Mary Ann	206206	02
Friday (06/07 - 08/23)	8:00a	45	Interval Training + Abs	Studio 1	Cinthia	206272	02
	8:10a	45	Gentle A.M. Yoga	Studio 2	Marisa	206210	02
	9:00a	45	Zumba	Studio 1	Cinthia	206205	03
	9:00a	45	Cardio, Core & More	Studio 2	Marisa	206263	03
	9:50a	45	On the Ball	Studio 2	Marisa	206216	02
	10:00a	45	POUND!	Studio 1	Julie W.	206273	02
Sat (06/08 - 08/24)	7:15a	55	Boot Camp	Studio 2	John	206223	05
	9:00a	45	Outdoor Intervals	MMAC	Marisa	206270	03
	9:00a	55	Core Body Strength	Studio 2	Lou Ann	206208	01
	10:00a	55	WERQ	Studio 2	Danielle	206215	03