



GROUP FITNESS FALL SCHEDULE

September 9 - December 22



	Time	Duration	Class	Location	Instructor	Code
MONDAY	8:10 am	45 min	Gentle A.M. Yoga	Studio 2	Marisa	306210-01
	8:45 am	55 min	Boot Camp + Abs	Gym	Cinthia	306222-01
	9:00 am	45 min	Essentials	Studio 2	Marisa	306234-01
	9:00 am	55 min	Vinyasa Flow	Studio 1	Katie	306207-01
	10:00 am	45 min	Cardio, Core & More	Studio 2	Jennifer	306263-01
	10:15 am	45 min	Active Older Adults (AOA)	Studio 1	Staff	306217-01
	11:00 am	45 min	Insanity	Studio 2	Jennifer	306225-01
	4:20 pm	45 min	On the Ball	Studio 1	Marisa	306216-01
	5:10 pm	45 min	Cardio, Core & More	Studio 1	Marisa	306263-02
	6:00 pm	55 min	Zumba	Studio 2	Julie W.	306205-01
	6:05 pm	45 min	Prenatal Yoga	Studio 1	Marisa	306212-01
7:45 pm	45 min	Zumba Step	Studio 2	Cinthia	306252-01	
TUESDAY	5:30 am	55 min	Boot Camp	Studio 1	John	306223-01
	9:00 am	55 min	WERQ	Studio 1	Amelia	306215-01
	10:00 am	45 min	TRX Interval	Studio 1	Kathy	306233-01
	10:00 am	45 min	Zen	Studio 2	Julie K.	306244-01
	5:10 pm	45 min	Essentials	Studio 2	Marisa	306234-02
	6:00 pm	45 min	Train with a Trainer	Studio 1	Lou Ann	306238-01
	6:00 pm	45 min	Yoga	Studio 2	Marisa	306206-01
	7:00 pm	55 min	WERQ	Studio 2	Danielle	306215-02
	7:00 pm	55 min	Kick/Sculpt/Core	Studio 1	Cinthia	306201-02
8:00 pm	60 min	Sunset Yoga	Studio 2	Alix	306209-01	
WEDNESDAY	8:10 am	45 min	Chair Yoga	Studio 2	Marisa	306211-01
	8:15 am	45 min	TRX Interval	Studio 1	Kathy	306233-02
	9:00 am	45 min	Yoga Sculpt	Studio 1	Kathy	306269-02
	9:00 am	45 min	Barre Fit	Studio 2	Marisa	306256-01
	9:50 am	45 min	Cardio, Core & More	Studio 2	Marisa	306263-03
	10:00 am	55 min	WERQ	Studio 1	Danielle	306215-03
	5:00 pm	55 min	Barre Above	Studio 2	Julie W.	306270-02
	5:00 pm	55 min	Half and Half	Studio 1	Pat	306251-01
	6:00 pm	55 min	Beginner Weight Training	Studio 2	Pat	306271-01
	6:15 pm	45 min	Yoga Dance Fusion	Studio 1	Mary Ann	306254-01
7:00 pm	45 min	Boot Camp	Studio 1	John	306223-02	
7:00 pm	55 min	Front/Back/Side	Studio 2	Pat	306250-01	
THURSDAY	5:30 am	55 min	Boot Camp	Studio 2/Gym	John	306223-03
	8:30 am	55 min	Muscle Up	Studio 2	Tom	306203-01
	10:00 am	45 min	Yoga Lite	Studio 2	Julie K.	306300-01
	10:15 am	45 min	Active Older Adults (AOA)	Studio 1	Staff	306217-02
	4:20 pm	45 min	Kids/Teen Yoga	Studio 2	Marisa	30610-01
	5:10 pm	45 min	Barre Fit	Studio 2	Marisa	306256-02
	5:15 pm	30 min	POUND	Studio 1	Julie W.	306273-01
	6:00 pm	55 min	Zumba	Studio 2	Julie W.	306205-02
6:15 pm	45 min	Yoga	Studio 1	Mary Ann	306206-02	
FRIDAY	8:00 am	45 min	Boot Camp + Abs	Studio 1	Cinthia	306222-02
	8:10 am	45 min	Gentle A.M. Yoga	Studio 2	Marisa	306210-02
	9:00 am	45 min	Zumba	Studio 1	Cinthia	306205-03
	9:00 am	45 min	Cardio, Core & More	Studio 2	Marisa	306263-04
	9:50 am	45 min	On the Ball	Studio 2	Marisa	306216-02
SAT	7:15 am	55 min	Boot Camp	Studio 2	John	306223-04
	9:00 am	55 min	WERQ	Studio 1	Danielle	306215-04
	9:00 am	55 min	Core Body Strength	Studio 2	Lou Ann	306208-01
	10:00 am	55 min	Muscle Up	Studio 2	Tom	306203-02
SUN	9:00 am	55 min	FIIT	Studio 2	Tom	306260-01

Fees	Member	Resident	Non-Resident
Drop-In	\$4	\$7	\$9
Unlimited	Free	Free	Free