

Effective May 3, 2017

# Group Ex Schedule

## MONDAY

xP	5:15-5:55am [SP]	<b>SPIN xPRESS</b> Sheryl
	5:30-6:25am [1]	<b>POWER INTERVALS</b> See Sub Sheet
	5:30-6:25am [M/B]	<b>FLEX FUSION</b> Nancy
	6:00-6:55am [SP]	<b>SPIN</b> Donna
	7:00-7:55am [1]	<b>TBW</b> Karen L.
	7:30-8:25am [2]	<b>CORE STRENGTH</b> Allison
	7:30-8:25 am [M/B]	<b>MAT PILATES</b> Gail
	8:30-9:25am [SP]	<b>SPIN</b> Allison
	8:30-9:25am [L/P]	<b>WATER CONDITIONING</b> Gail (Rotation A) Annie (Rotation B)
	8:30-8:55am [3]	<b>CARDIO xPRESS</b> Lorrie
	8:30-9:25am [1]	<b>BARRE FUSION</b> Sue S.
	8:30-9:25am [2]	<b>CARDIO DANCE</b> Sue L.
	8:30-9:25am [M/B]	<b>YOGA LEVEL 1-2</b> Monica
xP	9:00-9:25am [3]	<b>CORE xPRESS</b> Lorrie
	9:30-10:25am [1]	<b>POWER INTERVALS</b> Ali
	9:30-10:25am [2]	<b>CARDIO/BARRE FUSION</b> PD
	9:30-10:25am [3]	<b>F.A.S.T.</b> Lisa D.
	9:30-10:25am [M/B]	<b>FLEX FUSION</b> Beth P.
	9:30-10:25am [SP]	<b>SPIN</b> Sandra
	10:30-11:25am [2]	<b>LINE DANCING</b> Sue L.
	10:30-11:25am [1]	<b>CHAIR YOGA</b> Jeannie
	10:30-11:25am [3]	<b>CARDIO/STRENGTH LITE</b> Angie
	10:30-11:25am [W/P]	<b>AQUA FIT</b> Joan
	10:30-11:25am [M/B]	<b>BUFF YOGA</b> PD
	11:30-12:25pm [M/B]	<b>GENTLE YOGA</b> Amy
	11:30-12:25pm [L/P]	<b>CARDIO WATER</b> Joan
	4:30-5:25pm [1]	<b>CARDIO/BARRE FUSION</b> Gail
	4:30-5:25pm [M/B]	<b>YOGA LEVEL 1</b> Karen F.
	5:45-6:40pm [1]	<b>Power Intervals</b> Jaimee
	6:00-6:55pm	<b>SPIN</b> Suzi
	6:00-6:55pm [2]	<b>WERQ</b> Jessica B. <b>NEW CLASS</b>
	6:30-7:25pm [M/B]	<b>VINYASA YOGA</b> Mary

## TUESDAY

	5:30-6:25am [1]	<b>TBW</b> Jaimee T.
	5:30-6:25am [M/B]	<b>SPORT YOGA</b> Karen F.
	6:00-6:55am [SP]	<b>SPIN</b> Ann S.
	7:30-8:25am [M/B]	<b>YOGA LEVEL 1-2</b> Barb
xP	7:30-7:55am [2]	<b>CARDIO xPRESS</b> Sue L.
	7:30-8:25am [1]	<b>CARDIO BARRE</b> Lorrie
xP	8:00-8:25am [2]	<b>FINAL CUT xPRESS</b> Sue L.
	8:30-9:25am [1]	<b>POWER INTERVALS</b> Lorrie
	8:30-9:15am [3]	<b>BSS</b> Sue L.
	8:30-9:25am [2]	<b>BODY SCULPT</b> Karen L.
	8:30-9:25am [M/B]	<b>BUFF YOGA</b> Monica
	9:30-10:25am [LP]	<b>DEEP WATER RUNNING</b> Cassie
	9:30-10:25am [1]	<b>FINAL CUT</b> Lorrie
	9:30-10:25am [2]	<b>CARDIO JAM</b> PD
	9:30-10:15am [3]	<b>ULTIMATE PILOXING</b> Angie
	9:30-10:25am [M/B]	<b>POWER YOGA</b> Allie
	9:15-10:40am [SP]	<b>SPIN/YO</b> Barb
	10:30-11:25m [2]	<b>F.A.S.T. LITE</b> Angie
	10:30-11:25 am [M/B]	<b>BUFF YOGA</b> Beth P.
	11:00-11:55am [1]	<b>SIT &amp; BE FIT</b> Kim
	11:00-11:55am [L/P]	<b>AQUA ZUMBA</b> Mo
	10:30-11:25am [W/P]	<b>WARM WATER THERAPY</b> Gail
	12:00-12:55pm [1]	<b>POWER INTERVALS</b> Allison
	12:00-12:55pm [L/P]	<b>WATER WORKS</b> Beth
	1:00-1:55pm [M/B]	<b>YOGA LEVEL 1</b> Susan T.
	5:00-5:55pm [1]	<b>CARDIO CORE</b> Lorrie
	5:00-5:55pm [M/B]	<b>MAT PILATES</b> Sheryl
	6:00-6:55pm [1]	<b>ZUMBA</b> Betty
	6:00-6:55pm [SP]	<b>SPIN</b> Lisa S.
	6:30-7:25 pm [L/P]	<b>WATER WORKS</b> Mo <b>NEW CLASS</b>
	6:30-7:25pm [M/B]	<b>SPORT YOGA</b> Karen F.
	7:30-8:25pm [M/B]	<b>YIN YOGA</b> Karen F.

## WEDNESDAY

	5:30-6:25am [1]	<b>ATHLETIC CONDITIONING</b> Lisa
	5:45-6:40am [SP]	<b>SPIN</b> Suzi <b>NEW INSTRUCTOR</b>
	7:00-7:55am [1]	<b>TBW</b> Sue L.
	7:00-7:55am [M/B]	<b>HOT YOGA</b> Lauren
	7:30-8:25am [3]	<b>CORE CONNECTION</b> Lorrie
	8:00-8:55am [SP]	<b>SPIN</b> Gail
	8:30-9:25am [L/P]	<b>CARDIO WATER</b> Sue L.
	8:30-9:25am [1]	<b>FINAL CUT</b> Allison
	8:30-9:25am [2]	<b>YOGALATTES</b> Joan B. <b>NEW CLASS</b>
	8:30-9:25am [3]	<b>CROSS TRAIN CHALLENGE</b> Lorrie
	8:30-9:25am [M/B]	<b>BUFF YOGA</b> Lauren
	9:30-10:25am [1]	<b>BARRE FUSION</b> Lauren
	9:30-10:25am [2]	<b>CARDIO/STRENGTH</b> Kara
	9:30-10:15am [3]	<b>CARDIO EXPRESS</b> Lisa D.
	9:30-10:45am [SP]	<b>SPIN/YO</b> Monica
	9:30-10:25am [M/B]	<b>POWER YOGA</b> Allie
	10:30-11:25am [W/P]	<b>WARM WTR PILATES</b> Sue L.
	10:30-11:25am [1]	<b>ZUMBA TONING</b> Mo
	11:00-11:55am [M/B]	<b>SPORT YOGA</b> Monica
	11:30-12:15 [3]	<b>BSS</b> Sue L. <b>NEW CLASS</b>
	11:30-12:25pm [L/P]	<b>WATER CONDITIONING</b> Corie <b>NEW INSTRUCTOR</b>
	4:30-5:25pm [1]	<b>POWER INTERVALS</b> Lorrie <b>NEW INSTRUCTOR</b>
	4:30-5:25pm [Sp]	<b>SPIN</b> Jaime K
	4:30-5:25pm [M/B]	<b>YOGA LEVEL 1-2</b> Beth P.
	5:30-6:25pm [1]	<b>F.A.S.T.</b> See Sub Sheet
	6:00-6:55pm [M/B]	<b>YOGALATES</b> Joan (Rotation A) Corie (Rotation B)
	6:00-6:55pm [SP]	<b>SPIN</b> Karen L.
	7:00-7:55pm [M/B]	<b>YOGA LEVEL 1-2</b> Mary (Rotation A) Corie (Rotation B)

## THURSDAY

5:30-6:25am [1]	<b>F.A.S.T.</b> Nancy
6:00-6:55am [SP]	<b>SPIN</b> Ann S.
6:00-6:55am [MB]	<b>RESTORATIVE FLOW</b> Karen F.
7:30-8:25am [1]	<b>POWER INTERVALS</b> Allison
7:30-8:25am [M/B]	<b>YOGA LEVEL 1-2</b> Beth P.
8:15-9:10am [SP]	<b>SPIN</b> Barb (Rotation A) Monica (Rotation B)
8:30-9:25am [1]	<b>CARDIO/BARRE FUSION</b> Gail
8:30-9:25am [2]	<b>BODY SCULPT</b> Karen L.
8:30-9:25am [3]	<b>MAT PILATES</b> Sheryl
8:30-9:25am [M/B]	<b>YOGA LEVEL 1-2</b> Susan T.
9:30-10:25am [1]	<b>ATHLETIC CONDITIONING</b> Ali
9:30-10:25am [2]	<b>CARDIO/BARRE FUSION</b> Sue S. <b>SIGN UP REQUIRED</b>
9:30-10:25am [3]	<b>FINAL CUT</b> Lisa D.
9:30-10:25am [M/B]	<b>YOGA LEVEL 1-2</b> Monica
9:30-10:25am [SP]	<b>SPIN</b> Kara
9:30-10:25am [L/P]	<b>DEEP WATER RUNNING</b> Cassie
10:30-11:25am [3]	<b>POWER INTERVALS LITE</b> Lisa D.
10:30-11:25am [W/P]	<b>WARM WATER THERAPY</b> Gail
11:00-11:45am [1]	<b>SIT &amp; BE FIT</b> Kim
11:00-11:55am [M/B]	<b>GENTLE YOGA</b> Barb
11:00-11:45am [L/P]	<b>AQUA ZUMBA</b> Mo
12:00-12:55pm [L/P]	<b>WATER WORKS</b> Beth
12:00-12:55pm	<b>SPIN</b> Sheri
1:30-2:25pm [W/P]	<b>AQUA FIT</b> Joan
5:00-5:55pm [M/B]	<b>FLEX FUSION</b> Beth P.
5:30-6:25pm [1]	<b>POWER INTERVALS</b> Jaime K.
6:30-7:25am	<b>NIA</b> [2]
6:00-6:55pm [SP]	<b>SPIN</b> Elizabeth
6:30-7:25 pm [L/P]	<b>WATER CONDITIONING</b> Jaime K.
7:00-7:55pm [M/B]	<b>YOGA LEVEL 1-2</b> Amy (Rotation A) Karen F (Rotation B)
8:00-8:55pm [M/B]	<b>YIN YOGA</b> Amy (Rotation A) Karen F (Rotation B)

## FRIDAY

xP 5:15-5:55am [SP]	<b>SPIN xPRESS</b> Monica
5:30-6:25am [1]	<b>CIRCUIT TRAINING CAMP</b> Nancy
5:45-6:40am [2]	<b>TBW</b> Lisa D.
6:00-6:55am [M/B]	<b>MAT PILATES</b> Ellie
7:00-7:55am [1]	<b>TBW</b> Karen L. (Rotation A) Sue L. (Rotation B)
7:15-8:10am [2]	<b>CARDIO/STRENGTH</b> Jaimee
7:30-8:25am [M/B]	<b>VINYASA YOGA</b> Lauren
7:30-8:25am [SP]	<b>SPIN</b> Gail
8:15-9:10am [3]	<b>CARDIO/STRENGTH</b> Sue L.
8:30-9:25am [1]	<b>BARRE FUSION</b> Lauren <b>SIGN UP REQUIRED</b>
8:30-9:25am [SP]	<b>SPIN</b> Sandra
8:30-9:25am [M/B]	<b>SPORT YOGA</b> Karen F.
8:30-9:25am [L/P]	<b>WATER CONDITIONING</b> Gail
9:30-10:25am [2]	<b>F.A.S.T.</b> Trevor
9:30-10:25am [3]	<b>HIIT</b> Kara
9:30-10:25am [1]	<b>ZUMBA</b> Sue L.
9:30-10:25am [M/B]	<b>FLEX FUSION</b> Sheryl
9:30-10:25am [SP]	<b>SPIN</b> Sheri
9:30-10:25am [L/P]	<b>HYDROFIT CHALLENGE</b> Cassie
10:30-11:25am [1]	<b>CHAIR YOGA</b> Beth P.
10:30-11:25am [3]	<b>NIA</b> Dana
10:30-11:25am [M/B]	<b>Yoga 1-2</b> Barb
10:30-11:25am [2]	<b>BARRE FUSION LITE</b> Lauren
10:45-11:40 am [W/P]	<b>AQUA YOGA</b> Corie
11:45-12:30 pm	<b>WATER WORKS</b>
1:30-2:25pm [M/B]	<b>GENTLE YOGA</b> Amy
5:00-6:15pm [M/B]	<b>HOT YOGA</b> Karen F (Rotation A) Allie B. (Rotation B)

## SATURDAY

6:45-7:40am [SP]	<b>SPIN</b> Monica (Rotation A) Terry (Rotation B)
7:30-8:25am [2]	<b>HIIT</b> Jaime K. (Rotation A) Allison (Rotation B)
8:30-9:25am	<b>F.A.S.T.</b>
7:45-8:40am [SP]	<b>SPIN</b> Donna
8:00-8:55am [1]	<b>TBW</b> Lisa D.
8:00-9:25am [M/B]	<b>HOT YOGA</b> Amy (Rotation A) Beth P.(Rotation B)
8:30-9:25am [2]	<b>ZUMBA</b> Betty
8:45-9:40am [SP]	<b>SPIN</b> Sheryl
9:00-9:55am [1]	<b>POWER INTERVALS</b> Jaime K. (Rotation A) Sue S. (Rotation B)
10:30-11:25am [1]	<b>YOGA LEVEL 1-2</b> Amy (Rotation A) Allie (Rotation B)

## SUNDAY

8:00-8:55am [L/P]	<b>WATER WORKS</b> Joan
7:45-8:40 am [SP]	<b>SPIN</b> Gail
8:30-9:25am [1]	<b>YOGA LEVEL 1-2</b> Monica (Rotation A) Corie( Rotation B)
8:30-9:25 am [2]	<b>POWER INTERVALS</b> Nancy (Rotation A) Beth (Rotation B)
9:30-10:25am [2]	<b>FINAL CUT</b> Nancy

## KEY

	<b>CARDIO</b>	[1] STUDIO 1
	<b>STRENGTH</b>	[2] STUDIO 2
	<b>CARDIO &amp; STRENGTH</b>	[3] STUDIO 3
	<b>MIND/BODY</b>	[M/B] MIND/BODY
	<b>SPIN</b>	[SP] SPIN STUDIO
	<b>WATER</b>	[LP] LAP POOL
	<b>SENIOR</b>	[WP] WARM POOL
	<b>WATER</b>	xP 25 or 45 MIN xPRESS CLASS

## CLASSES REQUIRING ADVANCED RESERVATION

Some of the classes at high volume times require advanced reservation. Numbers will be distributed by the front desk 30 MINUTES BEFORE the start of class. Numbers will be collected by the instructor before entering the studio. If the class is full, anyone without a number will be asked to exit the class.