

Effective June 26, 2017

Group Ex Schedule

MONDAY

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

TUESDAY

	5:30-6:25am [1]	TBW Jaimee T.	
	5:30-6:25am [M/B]	SPORT YOGA Karen F.	
	6:00-6:55am [SP]	SPIN Nancy	NEW INSTRUCTOR
	7:30-8:25am [M/B]	YOGA LEVEL 1-2 Barb	
	7:30-8:25am [3]	CRT Sue L.	(SIGN UP REQUIRED)
	7:30-8:25am [1]	CARDIO/ STRENGTH Sheri	NEW CLASS
	8:00-8:55am [SP]	SPIN BOOT CAMP Sheryl	
	8:30-9:25 am [1]	POWER INTERVALS Lorrie	
	8:30-9:15am [3]	BSS Sue L.	
	8:30-9:25am [2]	BODY SCULPT Karen L.	
	8:30-9:25am [M/B]	BUFF YOGA Monica	
	9:30-10:25am [LP]	DEEP WATER RUNNING Cassie	
	9:30-10:25am [1]	FINAL CUT Lorrie	
	9:30-10:25am [2]	CARDIO JAM PD	
	9:30-10:15am [3]	ULTIMATE PILOXING Angie	
	9:30-10:25am [M/B]	POWER YOGA Allie	
	9:15-10:40am [SP]	SPIN/YO Barb	
	10:30-11:25m [2]	F.A.S.T. LITE Angie	
	10:30-11:25 am [M/B]	BUFF YOGA Beth P.	
	10:30-11:25am [W/P]	WARM WATER THERAPY Gail	
	11:00-11:55am [L/P]	AQUA ZUMBA Mo	
	11:00-11:55am [1]	SIT & BE FIT Lisa E.	NEW INSTRUCTOR
	12:00-12:55pm [L/P]	WATER WORKS Beth	
	1:00-1:55pm [M/B]	YOGA LEVEL 1 Susan T.	
	5:00-5:55pm [1]	CARDIO CORE Lorrie	
	5:00-5:55pm [M/B]	MAT PILATES Sheryl	
	6:00-6:55pm [1]	ZUMBA Betty	
	6:00-6:55pm [SP]	SPIN Lisa S.	
	6:30-7:25 pm [L/P]	WATER WORKS Mo	
	6:30-7:25pm [M/B]	SPORT YOGA Karen F.	
	7:00-7:55pm [2]	BARRE FUSION Bri	NEW CLASS
	7:30-8:25pm [M/B]	YIN YOGA Karen F.	

WEDNESDAY

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

THURSDAY

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

FRIDAY

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

SATURDAY

6:45-7:40am [SP]	SPIN Monica (Rotation A) Jaime K.(Rotation B)	
7:15-8:10 am [3]	CRT Rotating Instructors-- see sub sheet	SIGN UP REQUIRED
7:30-8:25am [2]	HIIT Bri (Rotation A) Allison (Rotation B)	
8:30-9:25am [3]	F.A.S.T. Trevor	
7:45-8:40am [SP]	SPIN Donna	
8:00-8:55am [1]	TBW Lisa D.	
8:00-9:25am [M/B]	HOT YOGA Amy (Rotation A) Beth P.(Rotation B)	
8:30-9:25am [2]	ZUMBA Betty	
8:45-9:40am [SP]	SPIN Sheryl	
9:00-9:55am [1]	POWER INTERVALS Bri (Rotation A) Sue S. (Rotation B)	
10:30-11:25am [1]	YOGA LEVEL 1-2 Amy (Rotation A) Allie (Rotation B)	

SUNDAY

7:30-8:25am [3]	CRT Jaime K.	SIGN UP REQUIRED
8:00-8:55am [L/P]	WATER WORKS Joan	
7:45 -8:40 am [SP]	SPIN Gail	
8:30-9:25am [1]	YOGA LEVEL 1-2 Monica (Rotation A) Corie(Rotation B)	
8:30-9:25 am [3]	POWER INTERVALS Nancy (Rotation A) Beth (Rotation B)	
9:30-10:25am [3]	FINAL CUT Nancy	

KEY

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

CLASSES REQUIRING ADVANCED RESERVATION

Some of the classes 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 . No admittance without a number.