

Group Ex Schedule

Effective Jan.29 2018

MONDAY

xP	5:15-5:55am [SP]	SPIN xPRESS Sheryl
	5:30-6:25am [1]	POWER INTERVALS Jen (Rotation A) Annie (Rotation B)
	5:30-6:25am [M/B]	FLEX FUSION Nancy
	6:00-6:55am [S]	SPIN Anne W.
	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
	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 Beth P. NEW INSTRUCTOR
	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
	10:30-11:25am [2]	LINE DANCING Sue L.
	10:30-11:25am [M/B]	FLEX FUSION PD
	10:30-11:25am [3]	CARDIO STRENGTH LITE Katie
	10:30-11:25am [W/P]	AQUA FIT Joan
	10:45-11:40 am [1]	CHAIR YOGA Jeannie NEW TIME
	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 1-2 Karen F.
	4:30-5:25pm [S]	SPIN Karen L.
	5:00-5:45pm [3]	CRT EXPRESS Sue L. SIGN UP REQUIRED
	5:30-6:25pm [1]	Power Intervals Jaimee T NEW TIME
	6:00-6:55pm [2]	WERQ Jessica B.
	6:00-6:55pm [SP]	SPIN Suzi
	6:30-7:25pm [M/B]	YOGA 1-2 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 Cassie (Rotation A) Nancy (Rotation B) NEW INSTRUCTOR
	7:30-8:25am [M/B]	YOGA LEVEL 1-2 Barb
	7:30-8:25am [2]	CARDIO STRENGTH Sue S.
	7:30-8:25am [3]	CRT Sue L. SIGN UP REQUIRED
	7:30-8:25am [1]	CARDIO BARRE FUSION Bri
	8:00-8:55am [SP]	SPIN BOOT CAMP Sheryl
	8:30-9:25 am [1]	CARDIO STRENGTH Lorrie
	8:30-9:15am [3]	BSS Sue L.
	8:30-9:25am [2]	BODY SCULPT Karen L.
	8:30-9:25am [M/B]	SPORT YOGA Molly
	9:15-10:40am [SP/3]	SPIN/YO Barb
	9:30-10:25am [LP]	DEEP H2O RUNNING Cassie
	9:30-9:55am [1]	BLT Lorrie NEW CLASS
	9:30-10:25am [2]	CARDIO JAM PD
	9:30-10:25am [M/B]	FLEX FUSION Kristin NEW INSTRUCTOR
	10:00-10:25am [1]	TOP IT OFF Lorrie NEW CLASS
	10:30-11:25m [2]	F.A.S.T. LITE Allison
	10:30-11:25am [W/P]	Warm H2O THERAPY Gail
	11:00-11:55am [L/P]	AQUA ZUMBA Mo
	11:00-11:45am [1]	SIT & BE FIT Lisa E.
	12:00-12:55pm [L/P]	WATER WORKS Beth
	12:00-12:55pm [SP]	SPIN Allison NEW CLASS
	1:00-1:55pm [M/B]	GENTLE YOGA Cathy
	5:00-5:55pm [1]	CARDIO STRENGTH Jaimee T. (Rotation A) Jamie S. (Rotation B)
	5:00-5:55pm [M/B]	MAT PILATES Sheryl
	6:00-6:55pm [1]	ZUMBA Betty
	6:00-6:55pm [SP]	SPIN Lisa S.
	6:15-7:10pm [M/B]	SPORT YOGA Karen F.
	6:30-7:25 pm [L/P]	WATER WORKS Mo
	7:15-8:10pm [2]	BARRE FUSION Sue S. NEW INSTRUCTOR
	7:30-8:25pm [M/B]	YIN YOGA Catia NEW CLASS

WEDNESDAY

	5:30-6:25am [1]	FINAL CUT Lisa
	5:45-6:40am [SP]	SPIN Suzi
	7:00-7:55am [1]	TBW Jen
	7:15-8:10am [2]	POWER INTERVALS Bri
	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]	SPORT YOGA Lauren
	9:30-10:25am [1]	BARRE FUSION Lauren
	9:30-10:25am [2]	CARDIO STRENGTH Lisa D.
	9:30-10:25am [3]	CRT TABATA Kara SIGN UP REQUIRED
	9:30-10:45am [SP /3]	SPIN/ STRETCH Anne W.
	9:30-10:25am [M/B]	SPORT YOGA Karen F. NEW INSTRUCTOR
	10:30-11:25am [W/P]	WARM WTR PILATES Sue L.
	10:30-11:25am [1]	ZUMBA TONING Mo
	11:30-12:25pm [L/P]	WATER CONDITIONING Rotating Instructors- See sub sheet
	4:30-5:25pm [M/B]	YOGA LEVEL 1-2 Beth P.
	4:30-5:25pm [1]	STRONG Betty NEW CLASS
	5:30-6:25pm [1]	F.A.S.T. Jaime S.
	6:00-6:55 pm [SP]	SPIN Karen L.
	6:00-6:55pm [M/B]	YOGALATTES Joan
	7:15- 8:10pm [M/B]	YOGA LEVEL 1-2 Mary (Rotation A) Joan V. (Rotation B) NEW TIME

THURSDAY

5:15-6:10am [3]	CRT Jaime S.	NEW CLASS SIGN UP REQUIRED
5:30-6:25am [1]	POWER INTERVALS Nancy	
6:00-6:55am [SP]	SPIN Sheri	NEW INSTRUCTOR
6:00-6:55am [M/B]	YIN 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	
8:30-8:55am [1]	LOW IMPACT CARDIO BURN Lorrie	NEW CLASS
8:30-9:25am [2]	BODY SCULPT Karen L.	
8:30-9:25am [3]	MAT PILATES Sheryl	
8:30-9:25am [M/B]	YOGA 1-2 Karen	
9:00-9:25am [1]	ABSolution Lorrie	NEW CLASS
9:30-10:25am [1]	ATHLETIC CONDITIONING Ali	
9:30-10:25am [2]	CARDIO BARRE Sue S.	SIGN UP REQUIRED
9:30-10:25am [3]	FINAL CUT Lisa D.	
9:30-10:25am [M/B]	SPORT YOGA Jessica R.	
9:30-10:25am [SP]	RHYTHM RIDE Kara	NEW CLASS
9:30-10:25am [L/P]	DEEP WATER RUNNING Cassie	
10:30-11:25am [3]	CRT LITE Lisa D.	SIGN UP REQUIRED
10:30-11:15 am [W/P]	WARM WATER Cassie	NEW TIME
11:00-11:45am [1]	SIT & BE FIT Gail	
11:00-11:45am [L/P]	AQUA ZUMBA Mo	
12:00-12:55pm [L/P]	WATER WORKS Beth	
12:00-12:55pm [1]	CARDIO STRENGTH Katie	NEW CLASS
1:30-2:25pm [W/P]	AQUA FIT Joan	
4:30-5:25pm [1]	POWER INTERVALS Katie	
5:30-6:25pm [1]	POWER INTERVALS Jaime K.	
6:00-6:55pm [2]	ZUMBA Jessica B.	
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 Jaime K.	
5:30-6:25am [3]	CROSS TRAIN CHALLENGE Nancy	
5:45-6:40am [1]	TBW Lisa D.	
7:00-7:55am [1]	TBW Sue L.	
7:15-8:10am [3]	CARDIO STRENGTH Jaimee	
7:30-8:25am [M/B]	YOGA 1-2 Lauren	
7:30-8:25am [SP]	SPIN Gail	
8:15-9:10am [2]	CARDIO STRENGTH Sue L.	
8:30-9:25 am [3]	CRT Lorrie	SIGN UP REQUIRED
8:30-9:25am [1]	BARRE FUSION Lauren	SIGN UP REQUIRED
8:30-9:25am [SP]	SPIN Sandra (Rotation A) Deb (Rotation B)	
8:30-9:25am [M/B]	SPORT YOGA Karen F.	
8:30-9:25am [L/P]	WATER CONDITIONING Gail (Rotation A) Annie (Rotation B)	
9:30-10:25am [2]	F.A.S.T. Katie	
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 Dana	
10:30-11:25am [2]	BARRE FUSION LITE Lauren	
10:45-11:40 am [W/P]	AQUA YOGA Catia	
11:45-12:30 pm [L/P]	WATER WORKS Mo	
1:30-2:25pm [M/B]	GENTLE YOGA Amy	
5:00-5:55 pm [M/B]	YOGA 1-2 Stephanie (Rotation A) Molly (Rotation B)	NEW INSTRUCTORS

SATURDAY

6:45-7:40am [SP]	SPIN Jaime S. (Rotation A) Kara (Rotation B)	NEW INSTRUCTOR
7:30-8:25am [3]	CRT Rotating Instructors— see sub sheet	SIGN UP REQUIRED
7:30-8:25am [2]	HIIT Allison (Rotation A) Bri (Rotation B)	
7:45-8:40am [SP]	SPIN Sandra	
8:00-8:55am [1]	TBW Lisa D.	
8:30-9:25am [3]	F.A.S.T. Allison (Rotation A) Bri (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) Jaime S. (Rotation B)	
10:30-11:25am [1]	YOGA LEVEL 1-2 Amy (Rotation A) Stephanie (Rotation B)	NEW INSTRUCTOR

SUNDAY

7:30-8:25am [3]	CRT Jaime K.	(SIGN UP REQUIRED)
7:45-8:40 am [SP]	SPIN Gail	
8:00-8:55am [L/P]	WATER WORKS Joan	
8:30-9:25am [1]	YOGA LEVEL 1-2 Molly (Rotation A) Corie (Rotation B)	
8:30-9:25 am [3]	POWER INTERVALS Nancy (Rotation A) Beth (Rotation B)	
8:45-10:00am [SP]	THE RIDE Suzi	NEW CLASS
9:30-10:25am [3]	FINAL CUT Nancy (Rotation A) Beth (Rotation B)	
1:00- 1:45pm [1]	FAMILY YOGA Rotating Instructors	
1:55- 2:40pm [1]	#YOGA Rotating Instructors	AGES 9-14

KEY

	CARDIO	[1] STUDIO 1
	STRENGTH	[2] STUDIO 2
	MIND/BODY	[3] STUDIO 3
	CARDIO STRENGTH	[M/B] MIND/BODY
	SPIN	[SP] SPIN STUDIO
	SENIOR	[LP] LAP POOL
	WATER	[WP] WARM POOL