

# Group Ex Schedule

Effective June 11, 2018

## MONDAY

|    |                     |   |
|----|---------------------|---|
| xP | 5:15-5:55am [SP]    | <b>SPIN xPRESS</b><br>Sheryl                  |
|    | 5:30-6:25am [1]     | <b>POWER INTERVALS</b><br>Annie               |
|    | 5:30-6:25am [M/B]   | <b>FLEX FUSION</b><br>Nancy                   |
|    | 6:00-6:55am [S]     | <b>SPIN</b><br>Anne W.                        |
|    | 7:00-7:55am [1]     | <b>TBW</b><br>Karen                           |
|    | 7:30-8:25am [3]     | <b>CORE STRENGTH</b><br>Allison               |
|    | 7:30-8:25 am [M/B]  | <b>MAT PILATES</b><br>Gail                    |
|    | 8:30-9:25am [SP]    | <b>SPIN</b><br>Allison                        |
|    | 8:30-9:25am [L/P]   | <b>WATER CIRCUIT TRAINING</b><br>Gail         |
|    | 8:30-9:25am [3]     | <b>POWER INTERVALS</b><br>Sandra              |
|    | 8:30-9:25am [1]     | <b>CORE CONNECTION</b><br>Lorrie              |
|    | 8:30-9:25am [2]     | <b>CARDIO DANCE</b><br>Sue L.                 |
|    | 8:30-9:25am [M/B]   | <b>YOGA LEVEL 1-2</b><br>Beth P.              |
|    | 9:30-10:25am [1]    | <b>POWER INTERVALS</b><br>Ali                 |
|    | 9:30-9:55am [2]     | <b>LOW IMPACT CARDIO BURN</b><br>Lorrie       |
|    | 10:00-10:25am [2]   | <b>CORE CONNECTION</b><br>Lorrie              |
|    | 9:30-10:25am [3]    | <b>CRT</b><br>Lisa D. <b>SIGN UP REQUIRED</b> |
|    | 9:30-10:25am [M/B]  | <b>FLEX FUSION</b><br>Beth P.                 |
|    | 9:30-10:25am [SP]   | <b>SPIN</b><br>Sandra                         |
|    | 10:30-11:25am [2]   | <b>LINE DANCING</b><br>Sue L.                 |
|    | 10:30-11:25am [M/B] | <b>FLEX FUSION</b><br>PD                      |
|    | 10:30-11:25am [3]   | <b>CARDIO STRENGTH LITE</b><br>Katie          |
|    | 10:30-11:25am [W/P] | <b>AQUA FIT</b><br>Joan                       |
|    | 10:45-11:40 am [1]  | <b>CHAIR YOGA</b><br>Jeannie                  |
|    | 11:30-12:25pm [M/B] | <b>GENTLE YOGA</b><br>Amy                     |
|    | 11:30-12:25pm [L/P] | <b>CARDIO WATER</b><br>Joan                   |
|    | 4:30-5:25pm [M/B]   | <b>YOGA LEVEL 1-2</b><br>Karen F.             |
|    | 5:15-6:10pm [3]     | <b>CRT</b><br>Bri <b>SIGN UP REQUIRED</b>     |
|    | 5:30-6:25pm [1]     | <b>POWER INTERVALS</b><br>Jaimee T            |
|    | 6:00-6:55pm [2]     | <b>CARDIO JAM</b><br>Jessica B.               |
|    | 6:00-6:55pm [SP]    | <b>SPIN</b><br>Karen L. <b>NEW INSTRUCTOR</b> |
|    | 6:30-7:25pm [M/B]   | <b>YOGA 1-2</b><br>Mary                       |

## TUESDAY

|  |                     |   |
|--|---------------------|---|
|  | 5:30-6:25am [1]     | <b>TBW</b><br>Jaimee T.   |
|  | 5:30-6:25am [M/B]   | <b>SPORT YOGA</b><br>Karen F.   |
|  | 6:00-6:55am [3]     | <b>KNOCKOUT!</b><br>Bri <b>SIGN UP REQUIRED</b>                           |
|  | 6:00-6:55am [SP]    | <b>SPIN</b><br>Cassie   |
|  | 7:30-8:25am [M/B]   | <b>YOGA LEVEL 1-2</b><br>Barb   |
|  | 7:30-8:25am [1]     | <b>POWER INTERVALS</b><br>Allison   |
|  | 7:30-8:25am [3]     | <b>CRT</b><br>Sue L. <b>SIGN UP REQUIRED</b>                              |
|  | 8:00-8:55am [SP]    | <b>SPIN BOOT CAMP</b><br>Sheryl   |
|  | 8:30-9:25 am [1]    | <b>CARDIO STRENGTH</b><br>Lorrie  |
|  | 8:30-9:15am [3]     | <b>BSS</b><br>Sue L.  |
|  | 8:30-9:25am [2]     | <b>BODY SCULPT</b><br>Karen L.  |
|  | 8:30-9:25am [M/B]   | <b>SPORT YOGA</b><br>Molly  |
|  | 9:15-10:40am [SP]   | <b>SPIN/YO</b><br>Barb  |
|  | 9:30-10:25am [LP]   | <b>DEEP H2O RUNNING</b><br>Cassie   |
|  | 9:30-9:55am [2]     | <b>BLT</b><br>Lorrie  |
|  | 9:30-10:25am [1]    | <b>CARDIO BARRE FUSION</b><br>Ashley                                      |
|  | 9:30-10:25am [M/B]  | <b>FLEX FUSION</b><br>Sheri   |
|  | 10:00-10:25am [2]   | <b>TOP IT OFF</b><br>Lorrie   |
|  | 10:30-11:25m [2]    | <b>F.A.S.T. LITE</b><br>Allison   |
|  | 10:30-11:25am [W/P] | <b>Warm H2O THERAPY</b><br>Gail   |
|  | 10:45-11:40am [3]   | <b>KNOCKOUT</b><br>Catia <b>(SIGN UP REQUIRED)</b>                        |
|  | 11:00-11:55am [L/P] | <b>AQUA ZUMBA</b><br>Mo   |
|  | 11:00-11:45am [1]   | <b>SIT &amp; BE FIT</b><br>Farrah <b>NEW INSTRUCTOR</b>                   |
|  | 12:00-12:55pm [L/P] | <b>WATER WORKS</b><br>Beth  |
|  | 1:00-1:55pm [M/B]   | <b>GENTLE YOGA</b><br>Susan T.  |
|  | 5:00-5:55pm [1]     | <b>CARDIO STRENGTH</b><br>Jaimee T. (Rotation A)<br>Jamie S. (Rotation B) |
|  | 5:00-5:55pm [M/B]   | <b>MAT PILATES</b><br>Sheryl  |
|  | 6:00-6:55pm [1]     | <b>ZUMBA</b><br>Tonda <b>NEW INSTRUCTOR</b>                               |
|  | 6:00-6:55pm [SP]    | <b>SPIN</b><br>Lisa S.  |
|  | 6:15-7:10pm [M/B]   | <b>SPORT YOGA</b><br>Karen F.   |
|  | 6:30-7:25 pm [L/P]  | <b>WATER WORKS</b><br>Jen   |
|  | 7:30-8:25pm [M/B]   | <b>YIN YOGA</b><br>Catia  |

## WEDNESDAY

|  |                      |  |
|--|----------------------|--|
|  | 5:30-6:25am [1]      | <b>FINAL CUT</b><br>Lisa   |
|  | 7:00-7:55am [1]      | <b>TBW</b><br>Sue L.   |
|  | 7:30-8:25am [3]      | <b>CORE CONNECTION</b><br>Lorrie                                   |
|  | 8:00-8:55am [SP]     | <b>SPIN</b><br>Gail  |
|  | 8:30-9:25am [L/P]    | <b>CARDIO WATER</b><br>Sue L.                                      |
|  | 8:30-9:25am [1]      | <b>FINAL CUT</b><br>Allison  |
|  | 8:30-9:25am [2]      | <b>YOGALATTES</b><br>Joan B.                                       |
|  | 8:30-9:25am [3]      | <b>CROSS TRAIN CHALLENGE</b><br>Lorrie                             |
|  | 8:30-9:25am [M/B]    | <b>SPORT YOGA</b><br>Lauren  |
|  | 9:30-10:25am [1]     | <b>BARRE FUSION</b><br>Lauren                                      |
|  | 9:30-10:25am [2]     | <b>CARDIO STRENGTH</b><br>Lisa D.                                  |
|  | 9:30-10:25am [3]     | <b>CRT TABATA</b><br>Kara <b>SIGN UP REQUIRED</b>                  |
|  | 9:30-10:45am [SP /3] | <b>SPIN/ STRETCH</b><br>Anne W.                                    |
|  | 9:30-10:25am [M/B]   | <b>SPORT YOGA</b><br>Karen F.                                      |
|  | 10:30-11:25am [W/P]  | <b>WARM WTR PILATES</b><br>Sue L.                                  |
|  | 10:30-11:25am [1]    | <b>ZUMBA TONING</b><br>Mo  |
|  | 11:30-12:25pm [L/P]  | <b>WATER CONDITIONING</b><br>Mo                                    |
|  | 4:30-5:25pm [M/B]    | <b>YOGA LEVEL 1-2</b><br>Beth P.                                   |
|  | 4:30-5:25pm [1]      | <b>STRONG</b><br>Betty   |
|  | 5:30-6:25pm [1]      | <b>F.A.S.T.</b><br>Jaime S.  |
|  | 6:00-6:55 pm [SP]    | <b>SPIN</b><br>Karen L.  |
|  | 6:00-6:55pm [M/B]    | <b>YOGALATTES</b><br>Joan  |
|  | 6:30-7:25pm [3]      | <b>KNOCKOUT!</b><br>Nikki <b>(SIGN UP REQUIRED)</b>                |
|  | 7:15- 8:10pm [M/B]   | <b>YOGA LEVEL 1-2</b><br>Mary (Rotation A)<br>Joan V. (Rotation B) |

## THURSDAY

|  |                        |   |                               |
|--|------------------------|---|-------------------------------|
|  | 5:15-6:10am<br>[3]     | <b>KNOCKOUT!</b><br>Jaime S.                                      | <b>SIGN UP<br/>REQUIRED</b>   |
|  | 5:30-6:25am<br>[1]     | <b>POWER INTERVALS</b><br>Nancy                                   |                               |
|  | 6:00-6:55am<br>[SP]    | <b>SPIN</b><br>Sheri  |                               |
|  | 6:00-6:55am<br>[M/B]   | <b>YIN</b><br>Karen F.  |                               |
|  | 7:30-8:25am<br>[1]     | <b>POWER INTERVALS</b><br>Allison                                 |                               |
|  | 7:30-8:25 am<br>[3]    | <b>CRT</b><br>Lorrie  | <b>SIGN UP<br/>REQUIRED</b>   |
|  | 7:30-8:25am<br>[M/B]   | <b>YOGA LEVEL 1-2</b><br>Beth P.                                  |                               |
|  | 8:15-9:10am<br>[SP]    | <b>SPIN</b><br>Barb   |                               |
|  | 8:30-8:55am<br>[1]     | <b>LOW IMPACT CARDIO BURN</b><br>Lorrie                           |                               |
|  | 8:30-9:25am<br>[2]     | <b>BODY SCULPT</b><br>Karen L.                                    |                               |
|  | 8:30-9:25am<br>[3]     | <b>MAT PILATES</b><br>Sheryl                                      |                               |
|  | 8:30-9:25am<br>[M/B]   | <b>YOGA 1-2</b><br>Susan T.                                       |                               |
|  | 9:00-9:25am<br>[1]     | <b>ABSolution</b><br>Lorrie                                       |                               |
|  | 9:30-10:25am<br>[1]    | <b>ATHLETIC CONDITIONING</b><br>Ali                               |                               |
|  | 9:30-10:25am<br>[2]    | <b>CARDIO JAM</b><br>Jessica B.                                   |                               |
|  | 9:30-10:25am<br>[3]    | <b>KNOCKOUT!</b><br>Lisa D.                                       | <b>(SIGN UP<br/>REQUIRED)</b> |
|  | 9:30-10:25am<br>[M/B]  | <b>SPORT YOGA</b><br>Rotating Instructors                         |                               |
|  | 9:30-10:25am<br>[SP]   | <b>RHYTHM RIDE</b><br>Kara  |                               |
|  | 9:30-10:25am<br>[L/P]  | <b>DEEP WATER RUNNING</b><br>Cassie                               |                               |
|  | 10:30-11:25am<br>[3]   | <b>CRT LITE</b><br>Lisa D.  | <b>SIGN UP<br/>REQUIRED</b>   |
|  | 10:30-11:15am<br>[W/P] | <b>WARM WATER THERAPY</b><br>Katie                                |                               |
|  | 11:00-11:45am<br>[1]   | <b>SIT &amp; BE FIT</b><br>Gail                                   |                               |
|  | 11:00-11:55am<br>[L/P] | <b>AQUA ZUMBA</b><br>Mo   |                               |
|  | 12:00-12:55pm<br>[L/P] | <b>WATER WORKS</b><br>Beth  |                               |
|  | 1:30-2:25pm<br>[W/P]   | <b>AQUA FIT</b><br>Joan   |                               |
|  | 5:30-6:25pm<br>[1]     | <b>POWER INTERVALS</b><br>Jaime S.                                |                               |
|  | 6:00-6:55pm<br>[3]     | <b>ZUMBA</b><br>Jessica B.  | <b>NEW<br/>LOCATION</b>       |
|  | 6:30-7:25 pm<br>[1]    | <b>BARRE FUSION</b><br>Bri  | <b>NEW<br/>INSTRUCTOR</b>     |
|  | 6:30-7:25 pm<br>[L/P]  | <b>WATER CONDITIONING</b><br>Jaime S.                             |                               |
|  | 7:00-7:55pm<br>[M/B]   | <b>YOGA LEVEL 1-2</b><br>Amy (Rotation A)<br>Karen F (Rotation B) |                               |
|  | 7:00-7:55pm<br>[3]     | <b>KNOCKOUT!</b><br>Nikki   | <b>SIGN UP<br/>REQUIRED</b>   |
|  | 8:00-8:55pm<br>[M/B]   | <b>YIN YOGA</b><br>Amy (Rotation A)<br>Karen F (Rotation B)       |                               |

## FRIDAY

|  |                         |  |                             |
|--|-------------------------|--|-----------------------------|
|  | 5:15-5:55am<br>[SP]     | <b>SPIN xPRESS</b><br>Jaime S.                                       |                             |
|  | 5:30-6:25am<br>[3]      | <b>CROSS TRAIN CHALLENGE</b><br>Nancy                                |                             |
|  | 5:45-6:40am<br>[1]      | <b>TBW</b><br>Lisa D.  |                             |
|  | 7:00-7:55am<br>[1]      | <b>CARDIO STRENGTH</b><br>Jaimee T.                                  |                             |
|  | 7:30-8:25am<br>[M/B]    | <b>YOGA 1-2</b><br>Lauren  |                             |
|  | 7:30-8:25am<br>[SP]     | <b>SPIN</b><br>Gail  |                             |
|  | 7:30-8:25am<br>[3]      | <b>KNOCKOUT!</b><br>Catia  | <b>SIGN UP<br/>REQUIRED</b> |
|  | 8:15-9:10am<br>[2]      | <b>CARDIO STRENGTH</b><br>Sue L.                                     |                             |
|  | 8:30-9:25 am<br>[3]     | <b>KNOCKOUT!</b><br>Kara   | <b>SIGN UP<br/>REQUIRED</b> |
|  | 8:30-9:25am<br>[1]      | <b>BARRE FUSION</b><br>Lauren  |                             |
|  | 8:30-9:25am<br>[M/B]    | <b>SPORT YOGA</b><br>Karen F.  |                             |
|  | 8:30-9:25am<br>[L/P]    | <b>WATER CONDITIONING</b><br>Gail (Rotation A)<br>Annie (Rotation B) |                             |
|  | 9:30-10:25am<br>[2]     | <b>F.A.S.T.</b><br>Katie   |                             |
|  | 9:30-10:25am<br>[3]     | <b>HIIT</b><br>Kara  |                             |
|  | 9:30-10:25am<br>[1]     | <b>ZUMBA</b><br>Sue L.   |                             |
|  | 9:30-10:25am<br>[M/B]   | <b>FLEX FUSION</b><br>Sheryl   |                             |
|  | 9:30-10:25am<br>[SP]    | <b>SPIN</b><br>Sheri   |                             |
|  | 9:30-10:25am<br>[L/P]   | <b>HYDROFIT CHALLENGE</b><br>Cassie                                  |                             |
|  | 10:30-11:25am<br>[1]    | <b>CHAIR YOGA</b><br>Beth P.   |                             |
|  | 10:30-11:25am<br>[3]    | <b>NIA</b><br>Dana   |                             |
|  | 10:30-11:25am<br>[2]    | <b>BARRE FUSION LITE</b><br>Lauren                                   |                             |
|  | 10:45-11:40 am<br>[W/P] | <b>AQUA YOGA</b><br>Catia  |                             |
|  | 11:45-12:40 pm<br>[L/P] | <b>WATER WORKS</b><br>Mo   |                             |
|  | 1:30-2:25pm<br>[M/B]    | <b>GENTLE YOGA</b><br>Amy  |                             |
|  | 5:00-6:15 pm<br>[M/B]   | <b>YOGA 1-2</b><br>Joan V. (Rotation A)<br>Molly (Rotation B)        |                             |

## SATURDAY

|  |                      |  |                             |
|--|----------------------|--|-----------------------------|
|  | 7:15-8:10am<br>[SP]  | <b>SPIN</b><br>Jaime S. (Rotation A)<br>Kara (Rotation B)          | <b>NEW<br/>TIME</b>         |
|  | 7:30-8:25am<br>[3]   | <b>CRT</b><br>Rotating Instructors                                 | <b>SIGN UP<br/>REQUIRED</b> |
|  | 7:30-8:25am<br>[1]   | <b>HIIT</b><br>Allison (Rotation A)<br>Bri (Rotation B)            | <b>NEW<br/>LOCATION</b>     |
|  | 8:30-9:25am<br>[3]   | <b>KNOCKOUT!</b><br>Lisa D. (Rotation A)<br>Jaimee T. (Rotation B) | <b>SIGN UP<br/>REQUIRED</b> |
|  | 8:30-9:25am<br>[1]   | <b>F.A.S.T.</b><br>Allison (Rotation A)<br>Bri (Rotation B)        | <b>NEW<br/>LOCATION</b>     |
|  | 8:30-9:25am<br>[2]   | <b>ZUMBA</b><br>Betty  |                             |
|  | 8:45-9:40am<br>[SP]  | <b>SPIN</b><br>Sheryl  |                             |
|  | 9:30-10:25am<br>[1]  | <b>POWER INTERVALS</b><br>Bri (Rotation A)<br>Catia (Rotation B)   | <b>NEW<br/>TIME</b>         |
|  | 10:30-11:25am<br>[1] | <b>YOGA LEVEL 1-2</b><br>Amy (Rotation A)<br>Joan V. (Rotation B)  |                             |

## SUNDAY

|  |                      |   |                      |
|--|----------------------|---|----------------------|
|  | 8:00-8:55am<br>[L/P] | <b>WATER WORKS</b><br>Joan  |                      |
|  | 8:00-8:55am<br>[SP]  | <b>SPIN</b><br>Rotating Instructors—<br>see sub sheet             | <b>NEW<br/>CLASS</b> |
|  | 8:30-9:25am<br>[1]   | <b>YOGA LEVEL 1-2</b><br>Molly (Rotation A)<br>Corie (Rotation B) |                      |
|  | 8:30-9:25 am<br>[3]  | <b>POWER INTERVALS</b><br>Nancy (Rotation A)<br>Beth (Rotation B) |                      |
|  | 9:30-10:25am<br>[3]  | <b>FINAL CUT</b><br>Nancy (Rotation A)<br>Beth (Rotation B)       |                      |
|  | 1:00- 1:45pm<br>[1]  | <b>FAMILY YOGA</b><br>Rotating Instructors                        |                      |

## KEY

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