

# Group Ex Schedule

Effective April 16, 2018

## MONDAY

xP	5:15-5:55am [SP]	<b>SPIN xPRESS</b> Sheryl
	5:30-6:25am [1]	<b>POWER INTERVALS</b> Annie
	5:30-6:25am [M/B]	<b>FLEX FUSION</b> Nancy
	6:00-6:55am [S]	<b>SPIN</b> Anne W.
	7:00-7:55am [1]	<b>TBW</b> Karen L.
	7:30-8:25am [3]	<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 CIRCUIT TRAINING</b> Gail
	8:30-9:25am [3]	<b>POWER INTERVALS</b> Sandra <b>NEW CLASS</b>
	8:30-9:25am [1]	<b>CORE CONNECTION</b> Lorrie <b>NEW CLASS</b>
	8:30-9:25am [2]	<b>CARDIO DANCE</b> Sue L.
	8:30-9:25am [M/B]	<b>YOGA LEVEL 1-2</b> Beth P.
	9:30-10:25am [1]	<b>POWER INTERVALS</b> Ali
	9:30-9:55am [2]	<b>LOW IMPACT CARDIO</b> Lorrie <b>NEW CLASS</b>
	10:00-10:25am [2]	<b>CORE CONNECTION</b> Lorrie <b>NEW CLASS</b>
	9:30-10:25am [3]	<b>CRT</b> Lisa D. <b>SIGN UP REQUIRED</b>
	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 [M/B]	<b>FLEX FUSION</b> PD
	10:30-11:25am [3]	<b>CARDIO STRENGTH LITE</b> Katie
	10:30-11:25am [W/P]	<b>AQUA FIT</b> Joan
	10:45-11:40 am	<b>CHAIR YOGA</b>
	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 [M/B]	<b>YOGA LEVEL 1-2</b> Karen F.
	4:30-5:25pm [S]	<b>SPIN</b> Karen L.
	5:00-5:45pm [3]	<b>CRT EXPRESS</b> Sue L. <b>SIGN UP REQUIRED</b>
	5:30-6:25pm [1]	<b>Power Intervals</b> Jaimee T
	6:00-6:55pm [2]	<b>WERQ</b> Jessica B.
	6:00-6:55pm [SP]	<b>SPIN</b> Suzi
	6:30-7:25pm [M/B]	<b>YOGA 1-2</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> Cassie (Rotation A) Nancy (Rotation B)
	7:30-8:25am [M/B]	<b>YOGA LEVEL 1-2</b> Barb
	7:30-8:25am [2]	<b>POWER INTERVALS</b> Allison <b>NEW INSTRUCTOR</b>
	7:30-8:25am [3]	<b>CRT</b> Sue L. <b>SIGN UP REQUIRED</b>
	7:30-8:25am [1]	<b>CARDIO BARRE FUSION</b> Bri
	8:00-8:55am [SP]	<b>SPIN BOOT CAMP</b> Sheryl
	8:30-9:25 am [1]	<b>CARDIO STRENGTH</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>SPORT YOGA</b> Molly
	9:15-10:40am [SP/3]	<b>SPIN/YO</b> Barb
	9:30-10:25am [LP]	<b>DEEP H2O RUNNING</b> Cassie
	9:30-9:55am [1]	<b>BLT</b> Lorrie
	9:30-10:25am [2]	<b>CARDIO BARRE FUSION</b> Lauren <b>NEW CLASS</b>
	9:30-10:25am [M/B]	<b>FLEX FUSION</b> Sheri
	10:00-10:25am [1]	<b>TOP IT OFF</b> Lorrie
	10:30-11:25m [2]	<b>F.A.S.T. LITE</b> Allison
	10:30-11:25am [W/P]	<b>Warm H2O THERAPY</b> Gail
	11:00-11:55am [L/P]	<b>AQUA ZUMBA</b> Mo
	11:00-11:45am [1]	<b>SIT &amp; BE FIT</b> Lisa E.
	12:00-12:55pm [L/P]	<b>WATER WORKS</b> Beth
	1:00-1:55pm [M/B]	<b>GENTLE YOGA</b> Susan T.
	5:00-5:55pm [1]	<b>CARDIO STRENGTH</b> Jaimee T. (Rotation A) Jamie S. (Rotation B)
	5:00-5:55pm [M/B]	<b>MAT PILATES</b> Sheryl
	6:00-6:55pm [1]	<b>ZUMBA</b> Mo <b>NEW INSTRUCTOR</b>
	6:00-6:55pm [SP]	<b>SPIN</b> Lisa S.
	6:15-7:10pm [M/B]	<b>SPORT YOGA</b> Karen F.
	6:30-7:25 pm [L/P]	<b>WATER WORKS</b> Jen <b>NEW INSTRUCTOR</b>
	7:30-8:25pm [M/B]	<b>YIN YOGA</b> Catia

## WEDNESDAY

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

## THURSDAY

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

## SATURDAY

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

## SUNDAY

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

## 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