

# Group Ex Schedule

Effective Feb. 14, 2019

## MONDAY

xP	5:15-5:55am [SP]	SPIN xPRESS Sheryl
	5:30-6:25am [1]	POWER INTERVALS Megan B. <b>NEW INSTRUCTOR</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
	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
	8:30-9:15am [3]	CARDIO EXPRESS Nikki
	8:30-9:25am [1]	CORE CONNECTION Lorrie
	8:30-9:25am [2]	CARDIO DANCE Sue L.
	8:30-9:25am [M/B]	YOGA LEVEL 1-2 Beth P.
	9:30-10:25am [1]	POWER INTERVALS Ali <b>SIGN UP REQUIRED</b>
	9:30-10:00am [2]	LOW IMPACT CARDIO BURN Lorrie
	10:05-10:35am [2]	CORE CONNECTION Lorrie
	9:30-10:25am [3]	CARDIO STRENGTH Lisa D.
	9:30-10:25am [M/B]	FLEX FUSION Beth P.
	9:30-10:25am [SP]	SPIN Anne W.
	10:30-11:25am [1]	LINE DANCING Sue L.
	10:30-11:25am [M/B]	SPORT YOGA Corie
	10:30-11:25am [3]	CARDIO STRENGTH LITE Katie
	10:30-11:25am [W/P]	AQUA FIT Joan
	10:45-11:40 am [2]	CHAIR YOGA Jeannie
	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 [3]	CORE CONNECTION Lorrie
	5:30-6:25pm [3]	CRT Lorrie <b>SIGN UP REQUIRED</b>
	5:30-6:25pm [1]	POWER INTERVALS Jaimee T
	6:00-6:55pm [2]	CARDIO JAM 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) Stephanie (Rotation B)
	7:30-8:25am [M/B]	YOGA LEVEL 1-2 Barb
	7:30-7:55am [ 1]	LOW IMPACT CARDIO BURN Allison
	8:00-8:25am [1]	FINAL CUT EXPRESS Allison
	7:30-8:25am [3]	CIRCUIT CRT Sue L. <b>SIGN UP REQUIRED</b>
	8:00-8:55am [SP]	SPIN BOOT CAMP Sheryl
	8:30-9:25 am [1]	CARDIO STRENGTH Lorrie
	8:30-9:15am [3]	POUND EXPRESS Sue L.
	8:30-9:25am [2]	BODY SCULPT Karen L.
	8:30-9:25am [M/B]	SPORT YOGA Molly
	8:30-9:20am [Court 1]	CARDIO TENNIS BLAST Jenny <b>SIGN UP REQUIRED</b>
	9:30-10:25am [SP]	SPIN Megan
	9:30-10:20am [Court 1]	CARDIO TENNIS BLAST Morrie <b>SIGN UP REQUIRED</b>
	9:30-10:25am [2]	FINAL CUT Lorrie
	9:30-10:25am [LP]	DEEP H2O RUNNING Cassie
	9:30-10:25am [1]	CARDIO BARRE FUSION Ashley
	9:30 -10:25am [M/B]	FLEX FUSION Sheri
	9:30-10:25am [3]	KNOCKOUT! Catia <b>(SIGN UP REQUIRED)</b>
	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 [S]	SPIN Rotating Instructors-See Sub Sheet <b>NEW CLASS</b>
	1:00-1:55pm [M/B]	GENTLE YOGA Susan T.
	5:00-5:55pm [1]	CARDIO STRENGTH Jamie S.
	5:00-5:55pm [M/B]	MAT PILATES Sheryl
	5:45-6:40pm [3]	POUND Kara
	6:00-6:55pm [1]	NIA Dana
	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 Jen
	7:30-8:25pm [M/B]	YIN YOGA Justin
























## WEDNESDAY

	5:45-6:40am [S]	SPIN Suzi
	5:30-6:25am [1]	FINAL CUT Lisa
	7:00-7:55am [1]	TBW Sue L.
	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]	POUND Kara
	9:30-10:25am [SP /3]	SPIN Suzi
	9:30-10:25am [M/B]	SPORT YOGA Karen F.
	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 Mo
	12:00-12:55pm [1]	Power Intervals Megan B.
	4:30-5:25pm [M/B]	YOGA LEVEL 1-2 Beth P.
	4:30-5:25pm [1]	POWER INTERVALS Jaime S. <b>NEW INSTRUCTOR</b>
	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
	6:30-7:25pm [3]	KNOCKOUT! Nikki <b>(SIGN UP REQUIRED)</b>
	7:15- 8:10pm [M/B]	YOGA 1-2 Mary (Rotation A) Justin (Rotation B)











## THURSDAY

	5:15-6:10am [3]	<b>KNOCKOUT!</b> Jaime S.	<b>SIGN UP REQUIRED</b>
	5:30-6:25am [1]	<b>POWER INTERVALS</b> Nancy	
	6:00-6:55am [SP]	<b>SPIN</b> Stephanie	<b>NEW INSTRUCTOR</b>
	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 [2]	<b>POUND</b> Lorrie	
	7:30-8:25am [M/B]	<b>YOGA LEVEL 1-2</b> Beth P.	
	8:15-9:10am [SP]	<b>SPIN</b> (A) Barb (B) Anne	
	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>POUND</b> Lorrie	
	9:30-10:25am [3]	<b>KNOCKOUT!</b> Lisa D.	<b>(SIGN UP REQUIRED)</b>
	9:30-10:25am [M/B]	<b>SPORT YOGA</b> Danielle	
	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>
	10:30-11:15am [W/P]	<b>WARM WATER THERAPY</b> Katie	
	11:00-11:45am [1]	<b>SIT &amp; BE FIT</b> Gail	
	11:00-11:55am [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	
	5:30-6:25pm [1]	<b>CROSS TRAIN CHALLENGE</b> Jaimee T.	
	6:00-6:55pm [SP]	<b>SPIN</b> Stephanie	<b>NEW CLASS</b>
	6:00-6:55pm [3]	<b>ZUMBA</b> Jessica 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

	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>CARDIO STRENGTH</b> Allison	
	7:30-8:25am [M/B]	<b>YOGA 1-2</b> Lauren	
	7:30-8:25am [SP]	<b>SPIN</b> Gail	
	7:30-8:25am [3]	<b>KNOCKOUT!</b> Nikki	<b>SIGN UP REQUIRED</b>
	8:15-9:10am [2]	<b>CARDIO STRENGTH</b> Sue L.	
	8:30-9:25am [1]	<b>BARRE FUSION</b> Lauren	
	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>CROSS TRAIN CHALLENGE</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 [M/B]	<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	
	11:45-12:40 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> Joan V. (Rotation A) Molly (Rotation B)	

## SATURDAY

	6:30-7:25am [SP]	<b>SPIN</b> ***rotation-see sub sheet	<b>NEW CLASS</b>
	7:30-8:20am [Ct 1]	<b>CARDIO TENNIS BLAST</b> Jenny	<b>SIGN UP REQUIRED</b>
	7:30-8:25am [SP]	<b>SPIN</b> Stephanie (Rotation A) Jaime S. (Rotation B)	
	7:30-8:25am [1]	<b>HIIT</b> Allison (Rotation A) Jaimee T. (Rotation B)	
	8:30-9:25am [3]	<b>KNOCKOUT!</b> Lisa D. (Rotation A) Jaimee T. (Rotation B)	<b>SIGN UP REQUIRED</b>
	8:30-9:25am [1]	<b>F.A.S.T.</b> Allison (Rotation A) Megan B. (Rotation B)	
	8:30-9:25am [2]	<b>ZUMBA</b> Jessica B.	
	8:45-9:40am [SP]	<b>SPIN</b> Sheryl	<b>SIGN UP REQUIRED</b>
	9:30-10:25am [1]	<b>POWER INTERVALS</b> Jaimee T. (Rotation A) Megan B. (Rotation B)	
	10:30-11:25am [1]	<b>YOGA LEVEL 1-2</b> Amy (Rotation A) Joan V. (Rotation B)	

## SUNDAY

	8:00-8:55am [L/P]	<b>WATER WORKS</b> Joan	
	8:00-8:55am [SP]	<b>SPIN</b> (A) Gail (B) Suzi	
	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)	
	9:30-10:25am [3]	<b>FINAL CUT</b> Nancy (Rotation A) Beth (Rotation B)	
	10:30-11:25am [3]	<b>KNOCKOUT!</b> Jaime S.	<b>SIGN UP REQUIRED</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>SENIOR</b>	[SP] SPIN STUDIO
	<b>SPIN</b>	[LP] LAP POOL
	<b>WATER</b>	[WP] WARM POOL
		[T] TENNIS
		COURT-1