

Group Ex Schedule

Effective Feb 29th, 2020

MONDAY

xp	5:15-5:55am [AS]	CYCLE xPRESS Sheryl
	5:30-6:25am [1]	POWER INTERVALS Jill
	5:30-6:25am [M/B]	YOGALATES Nancy
	6:00-6:55am [AS]	CYCLE Anne W.
	6:00-6:55am [3]	HIIT Annie
	6:45-7:40am [2]	TABATA TAKEOVER Anna
	7:00-7:55am [1]	TBW Karen
	7:15-8:10am [M/B]	MAT PILATES Gail
	7:30-8:25am [3]	CORE STRENGTH Allison
	8:30-9:25am [AS]	CYCLE Allison
	8:30-9:25am [L/P]	WATER CIRCUIT TRAINING Julie
	8:30-9:25am [2]	CARDIO CORE Lorrie
	8:30-9:25am [1]	CARDIO DANCE Sue L.
	8:30-9:25am [3]	FINAL CUT Lisa D.
	8:30-9:25am [M/B]	YOGA LEVEL 1-2 Beth P.
	9:30-10:25am [1]	ATHLETIC CONDITIONING Ali SIGN UP REQUIRED
	9:30-10:25am [2]	BODY/BAND/BURN Megan B
	9:30-10:25am [3]	F.A.S.T. Katie
	9:30-10:25am [M/B]	YOGALATES Beth P.
	9:30-10:25am [AS]	CYCLE Anne W.
	10:30-11:25am [1]	LINE DANCING Sue
	10:30-11:25am [3]	CARDIO STRENGTH LITE Katie
	10:30-11:25am [W/P]	AQUA FIT Joan
	10:45-11:40am [2]	CHAIR YOGA Jeannie
	10:45-11:40am [M/B]	GENTLE YOGA Carrie
	11:30-12:25pm [L/P]	CARDIO WATER Joan
	12:30-1:25pm [W/P]	AQUA YOGA Carrie
	4:30-5:25pm [3]	CORE CONNECTION Lorrie
	4:30-5:25pm [M/B]	Yoga 1-2 Ronda
	5:30-6:25pm [3]	CRT Lorrie SIGN UP REQUIRED
	5:30-6:25pm [1]	POWER INTERVALS Jaimee T.
	6:00-6:55pm [2]	CARDIO JAM Jessica B.
	6:00-6:55pm [AS]	CYCLE Suzi
	6:30-7:30pm [3]	KNOCKOUT! Anne L SIGN UP REQUIRED
	6:30-7:25pm [M/B]	YOGA LEVEL 1-2 Mary

TUESDAY

	5:30-6:25am [1]	TBW Jaimee T.
	5:30-6:25am [M/B]	YOGA LEVEL 1-2 Karen F.
	6:00-6:55am [2]	CARDIO STRENGTH Jen
	6:00-6:55am [AS]	CYCLE Cheryl (A) / Stephanie (B)
	6:30-7:25am [3]	KNOCKOUT! Anne L SIGN UP REQUIRED
	7:00-7:55am [2]	BODY/BAND/BURN Jen
	7:30-8:25am [M/B]	YOGA LEVEL 1-2 Barb
	7:30-8:25am [3]	CIRCUIT Sue
	7:30-7:55am [1]	LOW IMPACT CARDIO BURN Allison
	8:00-8:25am [1]	FINAL CUT EXPRESS Allison
	8:00-8:55am [L/P]	WATER CIRCUIT TRAINING Jen
	8:15-9:10am [AS]	CYCLE BOOTCAMP Sandra
	8:30-9:15am [3]	POUND EXPRESS Sue
	8:30-9:25am [1]	CARDIO STRENGTH Lorrie
	8:30-9:25am [2]	BODY SCULPT Karen L.
	8:30-9:25am [M/B]	Yoga 1-2 Molly
	9:30-10:25am [AS]	CYCLE Cheryl
	9:30-10:25am [1]	FINAL CUT Lorrie
	9:30-10:25am [LP]	DEEP WATER RUNNING Cassie
	9:30-10:25am [2]	CARDIO BARRE FUSION Katie
	9:30-10:25am [3]	POWER INTERVALS Leslie
	9:30-10:25am [M/B]	YOGALATES Beth P.
	10:30-11:25am [2]	F.A.S.T. LITE Allison
	10:30-11:25am [W/P]	WARM WATER THERAPY Gail
	11:00-11:45am [L/P]	AQUA ZUMBA Mo
	11:00-11:45am [1]	SIT & BE FIT Lisa E.
	12:00-12:45pm [AS]	CYCLE xPRESS Cheryl
	12:00-12:55pm [L/P]	WATER WORKS Sue
	1:00-1:55pm [M/B]	GENTLE YOGA Susan T.
	4:30-5:25pm [1]	POWER INTERVALS Anna
	5:00-5:55pm [3]	MAT PILATES Sheryl
	5:30-6:25pm [1]	CARDIO STRENGTH Jill
	6:00-6:55pm [3]	ZUMBA Crista
	6:00-6:55pm [AS]	CYCLE Lisa S.
	6:15-7:00pm [M/B]	YOGA LEVEL 1-2 Karen F.
	6:30-7:25pm [L/P]	WATER WORKS Julie

WEDNESDAY

	5:45-6:40am [AS]	CYCLE Suzi
	5:30-6:25am [1]	FINAL CUT Lisa D.
	6:45-7:40am [2]	TABATA TAKEOVER Cheryl
	7:00-7:55am [1]	TBW Sue
	7:30-8:25am [3]	CORE CONNECTION Lorrie
	8:00-8:55am [AS]	CYCLE Gail
	8:30-9:25am [L/P]	DEEP WATER CARDIO Sue
	8:30-9:25am [1]	FINAL CUT Allison
	8:30-9:25am [M/B]	YOGALATES Joan V.
	8:30-9:25am [3]	POWER INTERVALS Lorrie
	9:30-10:25am [1]	BARRE FUSION Lauren
	9:30-10:25am [3]	KNOCKOUT! Megan B. SIGN UP REQUIRED
	9:30-10:25am [2]	CARDIO CORE Lisa D.
	9:30-10:25am [AS]	CYCLE Suzi
	9:30-10:25am [M/B]	YOGA LEVEL 1-2 Molly
	10:30-11:25am [W/P]	WARM WATER PILATES Sue L.
	10:30-11:25am [3]	ZUMBA TONING Mo
	10:30-11:25am [2]	BARRE FUSION LITE Lauren
	10:30-11:25am [1]	POWER INTERVALS Ali
	11:30-12:25pm [L/P]	WATER CONDITIONING Mo
	4:30-5:25pm [M/B]	YOGA 1-2 Beth P.
	5:30-6:25pm [1]	F.A.S.T. Jill
	6:00-6:55pm [AS]	CYCLE Karen L.
	6:00-6:55pm [M/B]	YOGALATES Ronda
	6:45-7:40pm [3]	KNOCKOUT! Anne L SIGN UP REQUIRED
	7:00-7:55pm [M/B]	YOGA LEVEL 1-2 Mary (A) / Ronda (B)

THURSDAY

5:15-6:10am [3]	KNOCKOUT! Jaime S.	SIGN UP REQUIRED
5:30-6:25am [1]	POWER INTERVALS Nancy	
6:00-6:55am [AS]	CYCLE Stephanie	
6:00-6:55am [M/B]	YIN YOGA Karen F.	
6:30-7:25am [WP]	WARM WATER PILATES Julie	
7:30-8:25am [1]	POWER INTERVALS Allison	
7:30-8:25am [2]	CARDIO BARRE FUSION Lorrie	
7:30-8:25am [M/B]	YOGA LEVEL 1-2 Beth P.	
8:15-9:10am [AS]	CYCLE Barb (A) / Anne (B)	
8:30-8:55am [1]	LOW IMPACT CARDIO BURN Lorrie	
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.	
9:00-9:25am [1]	ABSolution Lorrie	
9:30-10:25am [1]	ATHLETIC CONDITIONING Megan B	
9:30-10:25am [2]	F.A.S.T. Lorrie	
9:30-10:25am [3]	KNOCKOUT! Lisa D.	SIGN UP REQUIRED
9:30-10:25am [M/B]	YOGA LEVEL 1-2 Carrie	
9:30-10:25am [AS]	CYLCE Sandra	
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 Crista	
11:00-11:45am [1]	CHAIR BARRE FUSION Gail	
11:00-11:45am [L/P]	AQUA ZUMBA Mo	
12:00-12:45pm [AS]	CYCLE xPRESS Cheryl	
12:00-12:55pm [L/P]	WATER WORKS Julie	
1:30-2:25pm [W/P]	AQUA FIT Joan	
4:30-5:25pm [1]	ATHLETIC CONDITIONING Leslie	
5:30-6:25pm [1]	CROSS TRAIN CHALLENGE Jaimee T.	
6:00-6:55pm [3]	ZUMBA Jessica B.	
6:30-7:25pm [L/P]	WATER CONDITIONING Jaime S.	
7:00-7:55pm [M/B]	YOGA LEVEL 1-2 Amy (A) / Carrie (B)	
8:00-8:55pm [M/B]	YIN YOGA Amy (A) / Carrie (B)	

FRIDAY

xP 5:15-5:55am [AS]	CYCLE xPRESS Jaime S.
5:30-6:25am [3]	CROSS TRAIN CHALLENGE Nancy
5:45-6:40am [1]	TBW Lisa D.
6:45-7:40am [2]	BODY/BAND/BURN Anna
7:00-7:55am [1]	CARDIO STRENGTH Ali
8:00-8:55am [AS]	CYCLE Gail
8:15-9:10am [1]	CARDIO STRENGTH Sue
8:30-9:25am [3]	CROSS TRAIN CHALLENGE Lorrie
8:30-9:25am [M/B]	YOGA LEVEL 1-2 Lauren
8:30-9:25am [L/P]	WATER CONDITIONING Julie (A) / Annie (B)
9:30-10:25am [3]	F.A.S.T. Lisa
9:30-10:25am [2]	BARRE FUSION Lauren
9:30-10:25am [1]	ZUMBA Sue
9:30-10:25am [M/B]	YOGALATES Sheryl
9:30-10:25am [AS]	CYCLE Sandra
9:30-10:25am [L/P]	HYDROFIT CHALLENGE Cassie
10:30-11:25am [2]	CHAIR YOGA Beth P.
10:30-11:25am [1]	ZUMBA GOLD Mo
10:30-11:25am [M/B]	BARRE FUSION LITE Lauren
10:45-11:40am [W/P]	AQUA YOGA Carrie
11:45-12:40pm [L/P]	WATER WORKS Mo
12:00-12:55pm [M/B]	GENTLE YOGA Farrah
5:00-6:15pm [M/B]	YOGA LEVEL 1-2 Carrie

SATURDAY

7:30-8:25am [AS]	CYCLE Stephanie (A)/ Jaime S (B)	
7:30-8:25am [1]	HIIT Allison (A) / Jaimee T. (B)	
8:30-9:25am [3]	KNOCKOUT! Lisa D.(A) /Jaimee T.(B)	
8:30-9:25am [1]	F.A.S.T. Allison (A) / Bri (B)	
8:30-9:25am [2]	ZUMBA Jessica B.	
8:45-9:40am [AS]	CYCLE Sheryl	SIGN UP REQUIRED
9:30-10:25am [1]	POWER INTERVALS Jaimee T. (A) / Megan B. (B)	
9:30-10:25am [2]	BARRE FUSION Kristin	
10:30-11:25am [1]	YOGA LEVEL 1-2 Joan V.	

SUNDAY

7:30-8:25am [3]	KNOCKOUT! Jaime S.	SIGN UP REQUIRED
7:30-8:25am [AS]	CYCLE [Rotating Instructors]	
8:00-8:55am [L/P]	WATER WORKS Joan	
8:30-9:25am [1]	YOGA LEVEL 1-2 Corie (A)/ Carrie (B)	SIGN UP REQUIRED
8:30-9:25am [3]	POWER INTERVALS Nancy (A) / Sue (B)	
9:30-10:25am [3]	FINAL CUT Nancy (A) / Jaime S. (B)	
2:30-3:15pm [1]	FAMILY YOGA Danielle	

KEY

CARDIO	NEW INSTRUCTOR
STRENGTH	NEW TIME
MIND/BODY	NEW CLASS
CARDIO STRENGTH	NEW FORMAT
SENIOR	STUDIO CHANGE
CYCLE	CLASS ON HOLD UNTIL SPECIFIED DATE
WATER	CLASS HAS RESUMED

[1] STUDIO 1 [2] STUDIO 2 [3] STUDIO 3
 [M/B] MIND/BODY [AS] ASCEND STUDIO
 [L/P] LAP POOL [W/P] WARM POOL
 [T] TENNIS COURT 1
 (A) / (B) ROTATING INSTRUCTORS