

# Group Ex Renovation Schedule

Effective November 10, 2017

## MONDAY

xP	5:15-5:55am [SP]	<b>SPIN xPRESS</b> Sheryl	
	5:30-6:25am [1]	<b>POWER INTERVALS</b> Jen (Rotation A) Annie (Rotation B)	
	5:30-6:25am [2]	<b>FLEX FUSION</b> Nancy	
	6:00-6:55am	<b>SPIN</b> Anne W.	<b>NEW CLASS</b>
	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 [2]	<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	
xP	8:30-8:55am [3]	<b>CARDIO xPRESS</b> Lorrie	
	8:30-9:25am [1]	<b>BARRE FUSION</b> Sue S.	
	8:30-9:25am [G]	<b>CARDIO DANCE</b> Sue L.	
	8:30-9:25am [2]	<b>YOGA LEVEL 1-2</b> Monica	
xP	9:00-9:25am [3]	<b>CORE xPRESS</b> Lorrie	
	9:30-10:25am [1]	<b>POWER INTERVALS</b> Ali	
	9:30-10:25am [2]	<b>CARDIO BARRE</b> PD	<b>NUMBER REQUIRED</b>
	9:30-10:25am [3]	<b>CRT</b> Lisa D.	<b>NUMBER REQUIRED</b>
	9:30-10:25am [G]	<b>FLEX FUSION</b> Beth P.	
	9:30-10:45am [SP]	<b>SPIN and STRENGTH</b> Sandra	
	10:30-11:25am [G]	<b>LINE DANCING</b> Sue L.	
	10:30-11:25am [1]	<b>CHAIR YOGA</b> Jeannie	
	10:30-11:25am [3]	<b>CARDIO STRENGTH LITE</b> Katie	
	10:30-11:25am [W/P]	<b>AQUA FIT</b> Joan	
	10:30-11:25am [2]	<b>BUFF YOGA</b> PD	
	11:30-12:25pm [2]	<b>GENTLE YOGA</b> Amy	
	11:30-12:25pm [L/P]	<b>CARDIO WATER</b> Joan	
	4:30-5:25pm [1]	<b>YOGA LEVEL 1-2</b> Karen F.	
	4:30-5:25pm [S]	<b>SPIN</b> Karen L.	
	5:15-6:10pm [3]	<b>CRT</b> Lorrie	<b>NUMBER REQUIRED</b>
	5:45-6:40pm [1]	<b>Power Intervals</b> Jaimee T	
	6:00-6:55pm [G]	<b>WERQ</b> Jessica B.	
	6:00-6:55pm [SP]	<b>SPIN</b> Suzi	
	6:00-6:55pm [2]	<b>VINYASA YOGA</b> Mary	<b>NEW TIME</b>

## TUESDAY

	5:30-6:25am [1]	<b>TBW</b> Jaimee T.	
	5:30-6:25am [2]	<b>SPORT YOGA</b> Karen F.	
	6:00-6:55am [SP]	<b>SPIN</b> Nancy	
	7:30-8:25am [2]	<b>YOGA LEVEL 1-2</b> Barb	
	7:30-8:25am [G]	<b>CARDIO STRENGTH</b> Sue S.	<b>NEW CLASS</b>
	7:30-8:25am [3]	<b>CRT</b> Sue L.	<b>NUMBER 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 [G]	<b>BSS</b> Sue L.	
	8:30-9:25am [3]	<b>BODY SCULPT</b> Karen L.	
	8:30-9:25am [2]	<b>BUFF YOGA</b> Monica	
	9:30-10:25am [LP]	<b>DEEP H2O RUNNING</b> Cassie	
	9:30-10:25am [1]	<b>FINAL CUT</b> Lorrie	
	9:30-10:25am [3]	<b>CARDIO JAM</b> PD	
	9:30-10:25am [2]	<b>POWER YOGA</b> Allie	
	9:15-10:40am [SP]	<b>SPIN/YO</b> Barb	
	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> Monica	
	12:00-12:55pm [L/P]	<b>WATER WORKS</b> Beth	
	1:00-1:55pm [2]	<b>YOGA LEVEL 1</b> Susan T.	
	5:00-5:55pm [1]	<b>CARDIO STRENGTH</b> Jaimee T.	
	5:00-5:55pm [SP]	<b>MAT PILATES</b> Sheryl	
	6:00-6:55pm [1]	<b>ZUMBA</b> Betty	
	6:00-6:55pm [SP]	<b>SPIN</b> Lisa S.	
	6:30-7:25 pm [L/P]	<b>WATER WORKS</b> Mo	
	7:00-7:55pm [SP]	<b>SPORT YOGA</b> Karen F.	<b>NEW TIME</b>
	7:15-8:10 pm [2]	<b>BARRE FUSION</b> Bri	
	8:00-8:55pm [SP]	<b>YIN YOGA</b> Karen F.	<b>NEW TIME</b>

## WEDNESDAY

	5:15-6:10 am [3]	<b>CRT</b> Jaime K.	<b>NUMBER REQUIRED</b>
	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> Jen	
	7:00-7:55am [2]	<b>VINYASA YOGA</b> Lauren	<b>NEW CLASS</b>
	7:15-8:10am [3]	<b>POWER INTERVALS</b> Bri	
	7:30-8:25am [G]	<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 [3]	<b>YOGALATTES</b> Joan B.	
	8:30-9:25am [G]	<b>CROSS TRAIN CHALLENGE</b> Lorrie	
	8:30-9:25am [2]	<b>BUFF YOGA</b> Lauren	
	9:30-10:25am [1]	<b>BARRE FUSION</b> Lauren	
	9:30-10:25am [G]	<b>CARDIO STRENGTH</b> Lisa D.	
	9:30-10:25am [3]	<b>CRT</b> Kara	<b>NUMBER REQUIRED</b>
	9:30-10:45am [SP]	<b>SPIN/YO</b> Monica	
	9:30-10:25am [2]	<b>POWER YOGA</b> Allie	
	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> Corie	
	4:15-5:10pm [3]	<b>YOGA LEVEL 1-2</b> Beth P.	
	5:30-6:25pm [1]	<b>F.A.S.T.</b> Jaime K.	<b>NEW TIME</b>
	6:00-6:55 pm [SP]	<b>SPIN</b> Karen L.	
	7:00-7:55pm [1]	<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> Monica
6:00-6:55am [2]	<b>RESTORATIVE FLOW</b> Karen F.
7:30-8:25am [1]	<b>POWER INTERVALS</b> Allison
7:30-8:25 am [3]	<b>CRT</b> Lorrie <b>NUMBER REQUIRED</b>
7:30-8:25am [2]	<b>YOGA LEVEL 1-2</b> Beth P.
8:15-9:10am [SP]	<b>SPIN</b> Barb
8:30-9:25am [1]	<b>ATHLETIC CONDITIONING</b> Lorrie
8:30-9:25am [G]	<b>BODY SCULPT</b> Karen L.
8:30-9:25am [3]	<b>MAT PILATES</b> Sheryl
8:30-9:25am [2]	<b>YOGA LEVEL 1-2</b> Susan T.
9:30-10:25am [1]	<b>ATHLETIC CONDITIONING</b> Ali
9:30-10:25am [2]	<b>CARDIO BARRE FUSION</b> Sue S. <b>NUMBER REQUIRED</b>
9:30-10:25am [G]	<b>FINAL CUT</b> Lisa D.
9:30-10:25am [3]	<b>YOGA LEVEL 1-2</b> Monica
9:30-10:25am [SP]	<b>SPIN</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>NUMBER REQUIRED</b>
10:30-11:25am [W/P]	<b>WARM WATER THERAPY</b> Corie
11:00-11:45am [1]	<b>SIT &amp; BE FIT</b> Gail
11:00-11:55am [2]	<b>GENTLE YOGA</b> Barb
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 <b>NEW CLASS</b>
5:00-5:55pm [SP]	<b>FLEX FUSION</b> Beth P.
5:30-6:25pm [1]	<b>POWER INTERVALS</b> Jaime K.
6:30-7:25 pm [L/P]	<b>WATER CONDITIONING</b> Jaime K.
7:00-7:55pm [SP]	<b>YOGA LEVEL 1-2</b> Amy (Rotation A) Karen F (Rotation B)
8:00-8:55pm [SP]	<b>YIN YOGA</b> Amy (Rotation A) Karen F (Rotation B)

## FRIDAY

xP 5:15-5:55am [SP]	<b>SPIN xPRESS</b> Jaime K.
5:30-6:25am [3]	<b>CIRCUIT TRAINING CAMP</b> Nancy
5:45-6:40am [1]	<b>TBW</b> Lisa D.
7:00-7:55am [1]	<b>TBW</b> Sue L.
7:15-8:10am [3]	<b>CARDIO STRENGTH</b> Jaimee
7:30-8:25am [2]	<b>VINYASA YOGA</b> Lauren
7:30-8:25am [SP]	<b>SPIN</b> Gail
8:15-9:10am [G]	<b>CARDIO STRENGTH</b> Sue L.
8:30-9:25 am [3]	<b>CRT</b> Lorrie <b>NUMBER REQUIRED</b>
8:30-9:25am [1]	<b>BARRE FUSION</b> Lauren <b>NUMBER REQUIRED</b>
8:30-9:25am [SP]	<b>SPIN</b> Sandra
8:30-9:25am [2]	<b>SPORT YOGA</b> Karen F. <b>NEW TIME</b>
8:30-9:25am [L/P]	<b>WATER CONDITIONING</b> Gail (Rotation A) Annie (Rotation B)
9:30-10:25am [G]	<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 [2]	<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> Corie
11:45-12:30 pm [L/P]	<b>WATER WORKS</b> Mo
1:30-2:25pm [2]	<b>GENTLE YOGA</b> Amy
5:00-6:15pm [2]	<b>VINYASA YOGA</b> Karen F (Rotation A) Allie B. (Rotation B)

## CLASSES REQUIRING ADVANCED RESERVATION

Some of the classes require advanced reservation. Numbers will be distributed by the front desk **30 MINUTES BEFORE** the start of class. Numbers will be collected by the instructor . No admittance without a number.

## SATURDAY

6:45-7:40am [SP]	<b>SPIN</b> Monica (Rotation A) Jaime K.(Rotation B)
7:00-7:55am [1]	Vinyasa Yoga Jeannie ( Rotation A) Beth P. ( Rotation B) <b>NEW INSTRUCTOR</b>
7:30-8:25am [3]	<b>CRT</b> Rotating Instructors- <b>NUMBER REQUIRED</b> see sub sheet
7:30-8:25am [2]	<b>HIIT</b> Bri (Rotation A) Allison (Rotation B)
8:30-9:25am [3]	<b>F.A.S.T.</b> Bri (Rotation A) Allison ( Rotation B)
7:45-8:40am [SP]	<b>SPIN</b> Sandra
8:00-8:55am [1]	<b>TBW</b> Lisa D.
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> Jaime S. (Rotation A) Bri (Rotation B)
10:30-11:25am [1]	<b>YOGA LEVEL 1-2</b> Amy (Rotation A) Allie (Rotation B)

## SUNDAY

7:30-8:25am [3]	<b>CRT</b> Jaime K. <b>NUMBER REQUIRED</b>
8:00-8:55am [L/P]	<b>WATER WORKS</b> Joan
7:45 -8:40 am [SP]	<b>SPIN</b> Gail
8:30-9:25am [1]	<b>YOGA LEVEL 1-2</b> Monica (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)
1:00- 1:45pm [1]	<b>FAMILY YOGA</b> Rotating Instructors <b>NEW CLASS</b>
1:55- 2:40pm [1]	<b>#YOGA</b> Rotating Instructors <b>AGES 9-14</b>

## KEY

<span style="color:red">■</span>	CARDIO	[1] STUDIO 1
<span style="color:blue">■</span>	STRENGTH	[2] STUDIO 2
<span style="color:green">■</span>		[3] STUDIO 3
<span style="color:lightgreen">■</span>	CARDIO STRENGTH	[M/B] MIND/BODY
<span style="color:orange">■</span>	SENIOR MIND/BODY	[SP] SPIN STUDIO
<span style="color:purple">■</span>		[LP] LAP POOL
<span style="color:lightblue">■</span>		[WP] WARM POOL
<span style="color:yellow">■</span>	SPIN	xP 25 or 45 MIN xPRESS CLASS
<span style="color:cyan">■</span>	WATER	