

Group Ex Schedule

Effective April 9, 2018

MONDAY

| | | |
|----|---------------------|--------------------------------|
| xP | 5:15-5:55am [SP] | SPIN xPRESS Sheryl |
| | 5:30-6:25am [1] | POWER INTERVALS Annie |
| | 5:30-6:25am [M/B] | FLEX FUSION Nancy |
| | 6:00-6:55am [S] | SPIN Anne W. |
| | 7:00-7:55am [1] | TBW Karen L. |
| | 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 |
| | 8:30-9:25am [3] | POWER INTERVALS Sandra |
| | 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 |
| | 9:30-9:55am [2] | LOW IMPACT CARDIO Lorrie |
| | 10:00-10:25am [2] | CORE CONNECTION Lorrie |
| | 9:30-10:25am [3] | CRT Lisa D. |
| | 9:30-10:25am [M/B] | FLEX FUSION Beth P. |
| | 9:30-10:25am [SP] | SPIN Sandra |
| | 10:30-11:25am [2] | LINE DANCING Sue L. |
| | 10:30-11:25am [M/B] | FLEX FUSION PD |
| | 10:30-11:25am [3] | CARDIO STRENGTH LITE Katie |
| | 10:30-11:25am [W/P] | AQUA FIT Joan |
| | 10:45-11:40 am [1] | 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 [S] | SPIN Karen L. |
| | 5:00-5:45pm [3] | CRT EXPRESS Sue L. |
| | 5:30-6:25pm [1] | Power Intervals Jaimee T |
| | 6:00-6:55pm [2] | WERQ 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) Nancy (Rotation B) |
| | 7:30-8:25am [M/B] | YOGA LEVEL 1-2 Barb |
| | 7:30-8:25am [2] | POWER INTERVALS Allison |
| | 7:30-8:25am [3] | CRT Sue L. |
| | 7:30-8:25am [1] | CARDIO BARRE FUSION Bri |
| | 8:00-8:55am [SP] | SPIN BOOT CAMP Sheryl |
| | 8:30-9:25 am [1] | CARDIO STRENGTH Lorrie |
| | 8:30-9:15am [3] | BSS Sue L. |
| | 8:30-9:25am [2] | BODY SCULPT Karen L. |
| | 8:30-9:25am [M/B] | SPORT YOGA Molly |
| | 9:15-10:40am [SP/3] | SPIN/YO Barb |
| | 9:30-10:25am [LP] | DEEP H2O RUNNING Cassie |
| | 9:30-9:55am [1] | BLT Lorrie |
| | 9:30-10:25am [2] | CARDIO JAM PD |
| | 9:30-10:25am [M/B] | FLEX FUSION Sheri |
| | 10:00-10:25am [1] | TOP IT OFF Lorrie |
| | 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 |
| | 1:00-1:55pm [M/B] | GENTLE YOGA Susan T. |
| | 5:00-5:55pm [1] | CARDIO STRENGTH Jaimee T. (Rotation A) Jamie S. (Rotation B) |
| | 5:00-5:55pm [M/B] | MAT PILATES Sheryl |
| | 6:00-6:55pm [1] | ZUMBA Mo |
| | 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 Catia |

WEDNESDAY

| | | |
|--|---------------------|--|
| | 5:30-6:25am [1] | FINAL CUT Lisa |
| | 5:45-6:40am [SP] | SPIN Suzi |
| | 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] | CRT TABATA Kara |
| | 9:30-10:45am [SP/3] | SPIN/ STRETCH Anne W. |
| | 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 Rotating Instructors- See sub sheet |
| | 4:30-5:25pm [M/B] | YOGA LEVEL 1-2 Beth P. |
| | 4:30-5:25pm [1] | STRONG Betty |
| | 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 |
| | 7:15- 8:10pm [M/B] | YOGA LEVEL 1-2 Mary (Rotation A) Corie (Rotation B) |

THURSDAY

| | | |
|----------------------|---|-------------------------|
| 5:30-6:25am [1] | POWER INTERVALS Nancy | |
| 6:00-6:55am [SP] | SPIN Sheri | |
| 6:00-6:55am [M/B] | YIN Karen F. | |
| 7:30-8:25am [1] | POWER INTERVALS Allison | |
| 7:30-8:25 am [3] | CRT Lorrie | SIGN UP REQUIRED |
| 7:30-8:25am [M/B] | YOGA LEVEL 1-2 Beth P. | |
| 8:15-9:10am [SP] | SPIN Barb | |
| 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 1-2 Susan T. | |
| 9:00-9:25am [1] | ABSolution Lorrie | |
| 9:30-10:25am [1] | ATHLETIC CONDITIONING Ali | |
| 9:30-10:25am [2] | CARDIO BARRE FUSION Lauren | |
| 9:30-10:25am [3] | FINAL CUT Lisa D. | |
| 9:30-10:25am [M/B] | SPORT YOGA Jessica R. | |
| 9:30-10:25am [SP] | RHYTHM RIDE Kara | |
| 9:30-10:25am [L/P] | DEEP WATER RUNNING Cassie | |
| 10:30-11:25am [3] | CRT LITE Lisa D. | SIGN UP REQUIRED |
| 10:30-11:15 am [W/P] | WARM WATER THERAPY Katie | NEW INSTRUCTOR |
| 11:00-11:45am [1] | SIT & BE FIT Gail | |
| 11:00-11:45am [L/P] | AQUA ZUMBA Mo | |
| 12:00-12:55pm [L/P] | WATER WORKS Beth | |
| 1:30-2:25pm [W/P] | AQUA FIT Joan | |
| 4:30-5:25pm [1] | POWER INTERVALS Katie | |
| 5:30-6:25pm [1] | POWER INTERVALS Jaime K. | |
| 6:00-6:55pm [2] | ZUMBA Jessica B. | |
| 6:30-7:25 pm [1] | BARRE FUSION Lauren | NEW CLASS |
| 6:30-7:25 pm [L/P] | WATER CONDITIONING Jaime K. | |
| 7:00-7:55pm [M/B] | YOGA LEVEL 1-2 Amy (Rotation A) Karen F (Rotation B) | |
| 8:00-8:55pm [M/B] | YIN YOGA Amy (Rotation A) Karen F (Rotation B) | |

FRIDAY

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

NEW INSTRUCTORS

NEW CLASS

SATURDAY

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

SUNDAY

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

KEY

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