

Group Exercise Class Schedule January 1 – March 31, 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:45 AM Cycle Cycle Studio	5:45 AM Cycle Cycle Studio	5:45 AM Cycle Cycle Studio	5:30 AM Warrior Workout Studio A	5:45 AM Cycle Cycle Studio	8:30 AM Zumba Studio A
6 AM Yoga for Athletes Studio B	6 AM Barbell Strength Studio A	6 AM BodyShred Studio A	6 AM Yoga for Athletes Studio B	6 AM Zumba Studio A	8:30 AM Cycle Cycle Studio
6 AM Cardio Barre Studio A	8:30 AM Core 'N More Studio A	6:30 AM Yoga Flow Studio B	8 AM Barre Studio A	6:30 AM Yoga Flow Studio B	9:30 AM Play Tough Studio A
9 AM Cardio Sculpt Studio A	9 AM Pilates Studio A	6:30 AM Core 'N More Studio A	9 AM Zumba Studio A	9 AM Barbell Strength Studio A	9:30 AM Yoga Flow Studio B
9 AM Gentle Yoga Studio C	9:00 AM Get Ripped & Ride Cycle Studio		9 AM Gentle Yoga Studio C	9 AM Balance Training Studio B	10:30 AM Prenatal Yoga Studio C
9 AM ★ Cardio & Strength 3rd Floor Track	10 AM ★ Cardio & Strength 3rd Floor Track	9 AM ★ Cardio & Strength 3rd Floor Track	9 AM Cycle Express Cycle Studio		11 AM Pilates Fundamentals Studio A
10 AM Pilates Stretch Studio A	10 AM NIA Studio A	9 AM Circuit Training Studio A	9 AM Balance Training Studio B	10 AM ★ Lo Impact Aerobics Studio A	12 PM Pilates 1 Studio A
12 PM Cardio Barre Studio A	10 AM Me & Baby Yoga Studio C	10 AM ★ Lo Impact Aerobics Studio A	10 AM NIA-Moving to Heal Studio B	10 AM Yoga Basics Studio B	12 PM Gentle Yoga Studio C
	11 AM ★ Land Works Studio A	12 PM Piloxing Studio A	10 AM Pilates Gold Studio A	10:30 AM Restorative Stretch & Mindful Meditation Studio C	
4:45 PM Cycle Cycle Studio	12 PM Iyengar Yoga Studio B	4:15 PM Barre Studio A	11 AM ★ Land Works Studio A		3 PM Yoga Flow Studio B
5 PM Core 'N More Studio A	12 PM (45 min) Cycle Express Cycle Studio	4:45 PM (45 min) Cycle Express Cycle Studio	12 PM (45 min) Cycle Express Cycle Studio	12 PM Yoga Flow Studio B	Sunday
5:30 PM Inner Athlete 3rd Floor Track	12 PM Pilates 1 Studio A	5 PM (30 min) Core 'N More Studio A	12 PM Hatha Yoga Studio B		11:15 AM Barbell Strength Studio A
	4:30 PM A-Lotta-Tabata Studio A	5:30 PM Basic Yoga Flow Studio B	4:30 PM Strength & Stretch Studio A	5:30 PM Hatha Yoga Studio B	1 PM Yoga Flow Studio B
5:30 PM Zumba Studio A	5:30 PM Iyengar Yoga Studio B	5:30 PM BodyShred Studio A	5:30 PM Iyengar Yoga Studio C		2 PM Boogie 360 Studio A
5:45 PM Cycle Cycle Studio	5:30 PM Power Yoga Studio C	5:45 PM Get Ripped & Ride Cycle Studio	5:30 PM Pilates 1 Studio C		
	5:30 PM Xtreme Fit Lite Studio A	6 PM Cardio Dance Studio A	5:30 PM A-Lotta-Tabata Studio A		
7 PM Iyengar Yoga Studio B	6:45 PM Basic Iyengar Yoga Studio B	6:45 PM Yoga Flow Studio B	7 PM Restorative Stretch & Mindful Meditation Studio B		
	7 PM Turbo Kick Studio A	7 PM Rock N Roll Studio A			

Classes marked with a ★ indicate classes that are 65+ and beginner

Aquatic Exercise Class Schedule January 1 – March 31, 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:30 AM Swim Practice Large Pool	6:30 AM Swim Practice Large Pool		6:30 AM Swim Practice Large Pool		
9 AM Deep Water Movement Large Pool	9 AM Water Rush Small Pool	9 AM Deep Water Movement Large Pool	9 AM Core Training Small Pool	9:10 AM Range of Motion Small Pool	
9:00 AM Balance Training Small Pool	1 PM ABC/Water Works Small Pool	9:10 AM Resistance Training Small Pool	1 PM ABC/Water Works Small Pool	9:10 AM Deep Water Movement Large Pool	
10:30 AM ABC/Water Works Small Pool		10:30 AM ABC/Water Works Small Pool	5:30 PM H2O Yoga Small Pool		
1:30 PM ABC/Water Works Small Pool	5:30 PM H2O Yoga Small Pool	1:30 PM ABC/Water Works Small Pool	5:30 PM Deep Water Movement Large Pool		
5:30 PM Core Training Large Pool	6 PM Swim Practice Large Pool		6 PM Swim Practice Large Pool		
6:30 PM ABC/Water Works Small Pool	6:30 PM ABC/Water Works Small Pool		6:30 PM Water Rush Small Pool		