

GROUP FITNESS

Place	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
STUDIO 1	5:30am	TRX Andy	BootCamp Darrell	GRIT SERIES Andy	BootCamp Darrell	TRX ANDY		
	6:30 am			LES MILLS BODYPUMP Sueann				
	8:00am	WERQ Tiffany		TRX Conner	LES MILLS BODYPUMP Melody	ZUMBA Romina	ZUMBA WERQ	
	8:15 AM		ULTIMATE A B S Dawn (45)					
	9:00 AM							BootCamp Lynda (90)
	9:15am	LES MILLS BODYPUMP Amy	LES MILLS BODYSTEP Amanda/Michelle	H I I T Aric	WERQ Tiffany	LES MILLS BODYPUMP Lynda	TRIPLE THREAT	
	10:30am	LES MILLS GRIT SERIES Aric (30 min)	LES MILLS BODYPUMP Dawn	LES MILLS BODYPUMP 101 Sueann	LES MILLS GRIT SERIES Aric	BODYCOMBAT EXPRESS Melody	TR-X TREME Connor	
	11:30 AM	TAI CHI Kris		TAI CHI Kris				
	4:30pm	LES MILLS BODYSTEP Sueann	ZUMBA Romina					STRONG ZUMBA michelle
	5:00 PM			ULTIMATE A B S Dawn (30)	LES MILLS GRIT SERIES Romina			
5:30pm	LES MILLS BODYPUMP Maria	LES MILLS BODYCOMBAT Melody	BootCamp Quintin	LES MILLS BODYCOMBAT Quintin				
6:00 PM					TR-X TREME Ben		Saturday Class 8/5 Shannon/Tiff 8/19 Shannon/Tiff	
6:45pm	ZUMBA Beverly	LES MILLS BODYPUMP Sueann	WERQ Shannon	LES MILLS BODYPUMP Dawn				
8:00 PM				ZUMBA Michelle				
MIND AND BODY STUDIO	5:30 AM	Sunrise Yoga Darcel	BARRE INTENSITY Kylie	YogaFit Ben	BARRE INTENSITY Kylie	Sunrise Yoga Darcel		
	7:00 AM	FUSION Kelsey						
	8:00am		AROMA YOGA Mahmoud		MEDITATION @ yoga Lisa			SLOW FLOW YOGA Kelsey
	9:00am	Power VINYASA Jen	SLOW FLOW YOGA Carolyn	POWER PILATES BARRE WORKOUT Jennifer	SLOW FLOW YOGA Carolyn	Pilates Mat Geri	PILATES WITH PROPS Geri or Whitney	
	10:15am	FUSION Kelsey PROMO CLASS	zen yoga Dawnette (75)	ASHTANGA Mahmoud (75)	zen yoga Dawnette (75)	VINYASA Leann	Power VINYASA Leann	
	11:30am	SLOW FLOW YOGA Michelle	Pilates Mat Jennifer GOLD					 Saturday Class 8/12 Bev /Romina 8/26 Bev/Mich
	1:00pm	Hatha Yoga Carolyn		Gentle Yoga Lisa	Hatha Yoga Carolyn			
	4:30 PM	Pilates Mat Maria	SLOW FLOW YOGA Michelle M	Pilates Mat Maria	DOWN DOG YOGA Maria			
	5:30 PM	ASHTANGA (75)Mahmoud	Pilates Fit Abby	VINYASA Amy	PIYO Kendra			
	6:30 PM		Gentle Yoga Lisa	BARRE INTENSITY Julia	SLOW FLOW YOGA Danielle			
7:30 PM			KSY kristin					
STUDIO 3	5:30am			GENESYS ATHLETIC CLUB CYCLING Amanda I		GENESYS ATHLETIC CLUB CYCLING Heather		
	8:00 AM	Spin H.I.I.T Carol	YAS Nicolel	Spin H.I.I.T Jermaine	YAS Nicole	Spin H.I.I.T Harry		
	8:15 AM						Spin H.I.I.T Stacy	
	9:00am	GENESYS ATHLETIC CLUB CYCLING Harry	CardioGOLD Sueann	GENESYS ATHLETIC CLUB CYCLING Harry	CardioGOLD Dawnette	GENESYS ATHLETIC CLUB CYCLING HalAmanda	GENESYS ATHLETIC CLUB CYCLING Stacy	GENESYS ATHLETIC CLUB CYCLING Heather
	10:00am		PWR! Angee		PWR! Angee			
	10:30am	ZUMBA GOLD Judy		Zumba@Gold-Toning Romina			ZUMBA GOLD Judy	
	11:00am		Fit FOREVER Sueann		ENHANCE FITNESS Michelle M			Saturday Class Rotation Saturday 8/5 Liz 8/12 Quintin 8/19 Liz 8/26 Quintin
	4:30 PM	PIYO Kendra						
	5:30 PM			ZUMBA BASIC Judy/ Beverly				
	5:45 PM	GENESYS ATHLETIC CLUB CYCLING Tammie						
6:30 PM			GENESYS ATHLETIC CLUB CYCLING Hal					
6:45pm		GENESYS ATHLETIC CLUB CYCLING Abby						
8:15 AM						INCLINE (45) Dawn	 TRIPLE THREAT	
9:15 AM		INCLINE (45) Dusty		INCLINE (45) Kim				