


SUMMER 2018 GROUP EXERCISE & CYCLING SCHEDULE 7/2-8/19

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30 AM	CYCLING 5:30-6:15 Molly	CARDIO BLAST/Core&More 5:30-6:30 Melissa	CYCLING 5:30-6:15 Melissa Rae	BOOTCAMP 5:30-6:30 Melissa	CYCLING 5:30-6:15 Melissa Rae		
6:00 AM							
6:30 AM							
7:00 AM		Zumba 8-9 Autumn	Pumped 8-9 Stacy Cycle and Tone 8-9 Anne	Zumba 8-9 Crystal			
7:30 AM							
8:00 AM						HIIT STEP 8-8:45 Alicia	TABATA 8:00-9:00 Jen
8:30 AM							
9:00 AM	ZUMBA 9-10 Crystal WOW 9:30-10:30 Fitness Center John /Vince	Interval Barre Strength 9-10 Stacy	Zumba 9-10 Yuri WOW 9:30-10:30 John /Vince	CIRCUIT STATION BURN 9:00-10:00 Crystal	Piloxing 9-10 Stacy	ZUMBA 9-10 Alicia CYCLING 9-10 Lisa	STEP & SCULPT 9:00-10:00 Kelly
9:30 AM							
10:00 AM		CHAIR YOGA 10:10-11:10 Lixia					
10:30 AM	BALANCE & STABILITY 10:30-11:15 Veronica		STRENGTH & MORE 10:30-11:15 Veronica		STRENGTH & MORE 10:30-11:15 Veronica	BarreFlow 10-10:45 Lana	
11:00 AM							
11:30 AM				CHAIR YOGA 11-12Lixia		Youth body building 1-2 Isaiah	SCHEDULE REVISED 5/30/18 Subject to change
12:00 PM							
1:00 PM							
2:00 PM							
3:00 PM							
4:00 PM	BOOT CAMP/ABS 4:00-5:00 Kym	Dino Fit 4-5 Crystal		Zumba Gold 4- 4:45 Ginny	ZUMBA 5:15-6 Cat		
4:30 PM							
5:00 PM							
5:30 PM	FLEX & STRETCH 5:00-5:30 Alison ZUMBA 5:30-6:30 Cat CYCLING 6-7Lisa	Therapeutic Yoga 5:30-6:30 Lixia	TBW 4:30-5:30 Kelly	PILATES 5:00-6:00 Michelle	BarreFlow 6-7 Lana		
6:00 PM			CARDIO SCULPT 5:30-6:30 Melissa				
6:30 PM			CYCLING 6:00-7:00 Lisa ZUMBA 6:30- 7:30Autumn				
7:00 PM		DANCE FITNESS 6:30-7:15 Alyssa		STRONG BY ZUMBA 6:30-7:30 Freddie			
7:30 PM							

