


FALL ONE2018 GROUP EXERCISE & CYCLING SCHEDULE 9/4-10/21

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30 AM	<b>CYCLING</b> 5:30-6:15 Molly	<b>Peak Cardio&amp;More</b> 5:30-6:30 Melissa	<b>CYCLING</b> 5:30-6:15 Melissa Rae	<b>MASHUP BOOTCAMP</b> 5:30-6:30 Melissa	<b>CYCLING</b> 5:30-6:15 Melissa Rae		
6:00 AM							
6:30 AM							
7:00 AM							
7:30 AM	<b>STRONG by ZUMBA 8-9</b> Freddie	<b>Zumba 8-9</b> Autumn					
8:00 AM						<b>STRONG by ZUMBA 8-9</b> Alicia	<b>TABATA 8:00-9:00</b> Jen
8:30 AM							
9:00 AM							
9:30 AM	<b>ZUMBA 9-10</b> Crystal <b>WOW</b> 9:30-10:30 Fitness Center John /Vince	<b>CYCLING 9-10</b> Anne <b>INTERVAL BARRE STRENGTH 9-10</b> Stacy	<b>Cycle and Tone</b> 9-10 Anne <b>Zumba 9-10</b> Yuri <b>WOW</b> 9:30-10:30 John /Vince	<b>CYCLING 9-10</b> Anne <b>CIRCUIT STATION BURN</b> 9:00-10:00 Crystal <b>Dance Fitness 10-11</b> Allysa	<b>ZUMBA</b> 9-10 Yuri	<b>BodyBurn</b> 9:15-10 Alicia <b>CYCLING</b> 9-10 Lisa	<b>STEP &amp; SCULPT</b> 9:00-10:00 Kelly
10:00 AM		<b>CHAIR YOGA</b> 10:10-11:10 Lixia					
10:30 AM	<b>BALANCE &amp; STABILITY</b> 10:30-11:15 Veronica		<b>STRENGTH &amp; MORE</b> 10:30-11:15 Veronica		<b>STRENGTH &amp; MORE</b> 10:30-11:15 Veronica	<b>BarreFlow 10-10:45</b> Lana	
11:00 AM							
11:30 AM				<b>CHAIR YOGA</b> 11-12 Lixia		<b>Teen body building</b> 1-2 Isaiah	<b>SCHEDULE REVISED 8/6/18</b> Subject to change
12:00 PM		<b>Dino Fit 4-5</b> Crystal					
1:00 PM		<b>Pilates 4-5</b> Michelle					
2:00 PM							
3:00 PM							
4:00 PM				<b>Zumba Gold 4-4:45</b> Ginny <b>DinoFit 4-5</b> Crystal	<b>ZUMBA 5:15-6</b> Cat		
4:30 PM	<b>BOOT CAMP/ABS</b> 4:00-5:00 Kym	<b>CYCLE N TONE</b> 6-7 Lisa <b>Therapeutic Yoga 5:30-6:30</b> Lixia	<b>TBW 4:30-5:30</b> Kelly <b>SHRED n SCULPT 5:30-6:30</b> Melissa	<b>PILATES 5:00-6:00</b> Michelle	<b>BarreFlow 6-7</b> Lana		
5:00 PM							
5:30 PM	<b>FLEX &amp; STRETCH</b> 5:00-5:30 Alison <b>ZUMBA 5:30-6:30</b> Cat <b>CYCLING 6-7</b> Lisa/Glen						
6:00 PM				<b>STRONG BY ZUMBA 6:30-7:30</b> Freddie			
6:30 PM							
7:00 PM	<b>Metabolic Conditioning</b> 6:30-7:30 Kim	<b>DANCE FITNESS</b> 6:30-7:15 Alyssa	<b>CYCLING</b> 6:00-7:00 Lisa				
7:30 PM							

\*\*\*9-10am CYCLING and CYCLE nd Tone start 9/11 and run until 10/28\*\*\*\*

