



(Members only) INTERIM Week Group Exercise & Cycling Schedule: 6/19-7/2/17

	MON	TUE	WED	THUR	FRI	SAT	SUN
6:00am	CYCLING 5:30-6:15 Molly 6/19 only	CardioBLAST /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		
6:30am							
7:00am							
7:30am							
8:00am		Bootcamp 8-9 Alicia		Step n Sculpt 8-9 Alicia		STRONG BY ZUMBA 8-9 Sandy 7/1 only	
8:30am							
9:00am	Zumba 9-10 Crystal	Cycling 9-10 Anne 6/20 only PILOXING 9-10 Stacy	CYCLE&TONE 9-10 Anne 6/21 only	CYCLING 9-10 Anne 6/22 only PUMPED 9-10 Crystal	ZUMBA 9-10 Stacy	ZUMBA 9-10 Alicia 6/24only CYCLING 9-10 Lisa 7/1 only	
9:30am							
10:00am	WOW 9:30-10:30 Fit Ctr – John		WOW 9:30-10:30 Fit Ctr – John			Barre Flow 10-10:45 Lana	STEP n SCULPT 9-10 Kelly
10:30am	BALANCE& STABILITY 10:30-11:15 Veronica 6/19 only		STRENGTH& MORE 10:30-11:15 Veronica 6/21 only		STRENGT H&MORE 10:30-11:15 Veronica 6/23only		
11:00am							
11:30am							
12:00pm							
12:30pm							
1:00pm							
1:30pm							
2:00pm							
2:30pm							
3:00pm							
3:30pm							
4:00pm	Core strength&Cardio 4-5 Kym	Pumped 4-5 Kacie 6/20 only	TBW 4:30-5:30 Kelly	STEP n TIME makeup class 4-4:45 6/22 only-makeup class			
4:30pm							
5:00pm	Flexn Stretch 5-5:30 Alison Zumba 5:30-6:30 Cat		CARDIO SCULPT 5:30-6:30 Melissa	PILATES 5-6 Michelle		Zumba 5:15-6 Cat	
5:30pm			CYCLING 6-7 Lisa 6/21 only				
6:00pm	CYCLING 6-7Lisa	Cardio/Wgt Fusion 6:30-7:15 Mary C. /Alyssa	STEP n SCULPT 6/21 only 6:30-7:30 Sandy				Closed <i>Schedule revised 6/5/17 Subject to change</i>
6:30pm							
7:00pm							
7:30pm							
8:00pm							

