


SUMMER 2017 EXERCISE & CYCLING SCHEDULE 7/3-8/20/17

	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							
7:30 AM		Bootcamp 8-9 Alicia		Tabata 8-9 Alicia			
8:00 AM							
8:30 AM						TABATA 8:00-9:00 Jen	
9:00 AM							
9:30 AM	ZUMBA 9-10 Crystal WOW 9:30-10:30 Fitness Center John	PILOXING 9-10 Stacy	CYCLE&TONE 8-9 Anne Interval Barre Sculpt 9-10 Stacy WOW 9:30-10:30 John	PUMPED 9:00-10:00 Crystal	ZUMBA 9-10 STACY	ZUMBA 9-10 Alicia/Crystal CYCLING 9-10 Lisa	STEP & SCULPT 9:00-10:00 Kelly
10:00 AM		CHAIR YOGA 10:10-11:10 Susan					
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							
12:00 PM							
1:00 PM							
2:00 PM							
3:00 PM							
4:00 PM					ZUMBA 5:15-6 Cat		
4:30 PM	CORE STRENGTH&CARDIO 4:00-5:00 Kym	Therapeutic Yoga 5:30-6:30 Stacy	TBW 4:30-5:30 Kelly Dancing Kids 5:15-6 Lexi CARDIO SCULPT 5:30-6:30 Melissa	PIILATES 5:00-6:00 Michelle CYCLE N TONE 6-7 Sarah	BarreFlow 6-7 Lana		
5:00 PM							
5:30 PM	FLEX & STRETCH 5:00-5:30 Alison ZUMBA 5:30-6:30 Cat CYCLING 6-7 Lisa						
6:00 PM							
6:30 PM			CYCLING 6:00-7:00 Lisa				
7:00 PM		Cardio/Wgt Fusion 6:30-7:15 MaryC./Alyssa	STEP N SCULPT 6:30-7:30 Sandy				
7:30 PM							

SCHEDULE
REVISED
05/23/17
Subject to
change

