


WINTER 2018 GROUP EXERCISE & CYCLING SCHEDULE 1/2-2/18

	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	Zumba 8-9 Autumn		ZUMBA 8-9 Autumn		Bootcamp 8-8:45 Alicia/Crystal	TABATA 8:00-9:00 Jen
8:00 AM							
8:30 AM							
9:00 AM							
9:30 AM	ZUMBA 9-10 Crystal WOW 9:30-10:30 Fitness Center John	Interval Barre Strength 9-10 Stacy CYCLING 9-10 Anne	CYCLE&TONE 9-10 Anne Zumba 9-10 MaryBeth WOW 9:30-10:30 John	CYCLING 9-10 Anne PUMPED 9:00-10:00 Crystal	Piloxing 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 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							
12:00 PM							
1:00 PM							
2:00 PM							
3:00 PM							
4:00 PM							
4:30 PM	CORE STRENGTH & CARDIO 4:00-5:00 Kym				ZUMBA 5:15-6 Cat	Fitkids 4:15-5 Jen	
5:00 PM		Therapeutic Yoga 5:30-6:30 Lixia Cycle n Tone 6-7 Sarah	TBW 4:30-5:30 Kelly CARDIO SCULPT 5:30-6:30 Melissa	PILATES 5:00-6:00 Michelle	BarreFlow 6-7 Lana		SCHEDULE REVISED 12/4/17 Subject to change
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							
7:00 PM		DANCE FITNESS 6:30-7:15 Alyssa	CYCLING 6:00-7:00 Lisa				
7:30 PM							

