

# GROUP FITNESS SCHEDULE

## MONDAY


## TUESDAY


## WEDNESDAY

## THURSDAY


## FRIDAY


## SATURDAY


 5:45-6:30a  
"Sunrise BC"  
Monica - X


 5:45-6:45a  
"Muscle Works"  
Monica - X


 5:45-6:30p  
"Sunrise BC"  
Katie - X


 5:45-6:45a  
"Muscle Works"  
Monica - X


 5:45-6:45a  
"Cycle Endurance"  
Kevin - C


 8:00-8:30a  
"Cycle Endurance EXP"  
Paula - C


 5:45-6:45a  
"Cycle Endurance"  
Kevin - C


 8:00-8:30a  
"Butts & Guts EXP"  
Monica - X


 5:45-6:45a  
"Cycle Strength"  
Kevin - C


 8:30-9:30a  
"Cardio Sculpt"  
Leslie - X


 6:00-7:00a  
"Sunrise Yoga"  
Annette - X


 8:30-9:00a  
"Cycle Strength EXP"  
Paula - C

 6:30 - 7:00a  
"Yoga Express"  
Rochelle - X


 8:30-9:30a  
"Cardio Sculpt"  
Monica - X

 6:30-7:00a  
"Yoga EXP"  
Annette - X


 9:30-10:00a  
"Kickboxing 101 EXP"  
Razak - B


 8:30-9:30a  
"Muscle Works"  
Monica - X

 8:30-9:00a  
"Arms & Abs EXP"  
Monica - X


 8:30-9:30a  
"Muscle Works"  
Leslie - X

 11:30a-12:00p  
"Cycle EXP"  
Leslie - C


 8:30-9:30a  
"Muscle Works"  
Cathy - X


 10:00-10:30a  
"FastFit Box EXP"  
Razak - B


 9:30-10:30a  
"DanceFit"  
Mary - X


 8:30-9:00a  
"H2O DeepFit EXP"  
Gloria - P

 9:30-10:00a  
"Cycle EXP"  
Leslie - C


 12:00-1:00p  
"Muscle Works"  
Leslie - X

 9:30-10:30a  
"Zumba"  
Jake - X


 10:30-11:30a  
"Yoga Basics"  
Melissa - X

 9:30-10:30a  
"Cycle Endurance"  
Monica - C


 9:00-10:00a  
"Step"  
Monica - X


 9:30-10:30a  
"Zumba"  
Jake - X


 4:15-5:00p  
"Mat Strength"  
Katie - X


 9:30-10:00a  
"Cycle Express"  
Cathy - C

 11:30a-12:00p  
"Cycle EXP"  
Leslie - C


 9:30a-10:30a  
"H2O ShallowFit"  
Christine - P

 9:00a-10:00a  
"H2O ShallowFit"  
Gloria - P


 9:30-10:30a  
"Aqua Circuit"  
Gloria - P

 4:30-5:00p  
"Kickboxing 101 EXP"  
Razak - B


 10:30-11:00a  
"Ripped Abs EXP"  
Carl - G


 12:00-1:00p  
"Muscle Works"  
Leslie - X


 10:30-11:30a  
"Pilates Barre"  
Mary - X

 10:15-11:45a  
"Mix Level Flow"  
Sheri - X

 10:30-11:00a  
"Ripped Abs EXP"  
Carl - G


 5:00-5:30p  
"FastFit Box EXP"  
Razak - B


 10:30-11:30a  
"Yoga Basics"  
Rochelle - X


 4:30-5:30p  
"Cardio Sculpt"  
Monica - X

 11:30-12:30p  
"Insanity"  
Katie - X


## SUNDAY

 11:00a-12:00p  
"Zumba"  
Viktoria - X


 11:30a-12:00p  
"Muscle Works EXP"  
Leslie - X


 5:30-6:30p  
"Kickboxing Extreme"  
Razak - B


 11:30-12:00p  
"Butts & Guts EXP"  
Leslie - X

 4:30-5:00p  
"Kickboxing 101 EXP"  
Razak - B


 12:30-1:00a  
"Bike Beats"  
Katie - C

 4:00-5:00p  
"Restorative Yoga"  
Annette - X


 11:30a-12:00p  
"Cycle EXP"  
Monica - C

 5:30-6:30p  
"Cycle Strength"  
Gary - C


 12:00-12:30p  
"FastFit Box EXP"  
Gary - B


 5:00-5:30p  
"FastFit Box EXP"  
Razak - B


 12:00-1:00p  
"HIIT"  
Leslie - X


 6:00-7:00p  
"Aqua Box"  
Gloria - P


 12:00-1:00p  
"Yin/Vin"  
Elektra - X


 5:30-6:30p  
"Kickboxing Extreme"  
Razak - B


 4:30-5:30p  
"Muscle Works"  
Razak - X


 6:30-7:30p  
"Zumba"  
Mary - X


 4:30-5:30p  
"Muscle Works"  
Monica - X


 5:30-6:30p  
"Cycle Endurance"  
Monica - C

 5:30-6:30p  
"Zumba"  
Tam - X


 5:30-6:30p  
"Step"  
Monica - X


 6:00-7:00p  
"H2O DeepFit"  
Carey - P


 5:30-6:30p  
"Cycle Endurance"  
Paula H. - C


 6:00-7:00p  
"Aqua Circuit"  
Gloria - P

 6:30-7:30p  
"Mix Level Flow"  
Annette - X

 5:30 - 6:00p  
"Kickboxing Express"  
Razak - B

 6:30-7:30p  
"Yoga Basics"  
Annette - X

 6:00-7:00p  
"H2O ShallowFit"  
Annette - P

 6:30-7:30p  
"Yoga Basics"  
Melissa - X

## CLASS LOCATION

P - POOL

G - GYM

X - GROUP EX STUDIO

C - CYCLE STUDIO

B - BOXING STUDIO

 **AEROBICS**

 **BOXING**

 **CYCLING**

 **YOGA/MIND & BODY**

 **POOL/AQUATICS**

 **STRENGTH TRAINING**

 **30 MINUTE EXPRESS**