

# GROUP EXERCISE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30-6:30am Bootcamp IV Heather Hartley				5:30-6:30am Bootcamp IV Heather Hartley		
	8:30-9:30am F.I.T. Jillian Shay	8:30-9:30am Sport Fit III Amy Stubblefield	8:30-9:00am BOSU: Core Amy Stubblefield		8:30-9:30am Cardio/Cardio Amy Stubblefield	
9:30-10:30am Zumba Jillian Shay			9:00-9:45am Step Sculpt Amy Stubblefield	8:30-9:30am Sport Fit III Amy Stubblefield		9:00-10:00am Power Fit III Juliet Mason
10:30-11:30am Zumba Gold Jillian Shay	10:45-11:45am Muscle Madness All Levels Barb Brown	9:30-10:30am PiYo Rose Capurro		10:30-11:15am To The Core (all levels) Amy Stubblefield		
	11:45-12:45pm Movement, Muscle and Stretch Barb Brown			11:15-12:15pm Seniors Let's Go Go I Heather Hartley		
			12:15-1:00pm Backs in Motion I Karen Soroca			
5:30-6:00pm BOSU: Cardio Interval Blitz Amy Stubblefield		5:30-6:15pm Muscle Madness III All Levels w/Barb	5:30-6:30pm F.I.T. Wendy Roberts			
6:00-7:00pm Muscle Heather Hartley		6:15-7:00pm Zumba Jillian Shay				


## CYCLE EXERCISE \* \* \*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
(All Levels are Welcome to all Cycle Classes)	5:45-6:30am Re: Cycle Juliette Mason	5:45-6:30am Re: Cycle Amy Stubblefield	5:45-6:30am Re: Cycle Amy Stubblefield			
8:30-9:15am Re: Cycle Amy Stubblefield	9:00-9:45am Cycle Debbie Gleeson		9:00-9:45am Re: Cycle Debbie Gleeson	9:30-10:15am Re: Cycle Amy Stubblefield	8:30-9:15am Re: Cycle Heather Hartley	8:00-8:45am Re: Cycle Juliet Mason
4:30-5:15pm Re: Cycle Amy Stubblefield	5:30-6:15pm Re: Cycle Amy Hesla	4:30-5:15pm Re: Cycle Debbie Gleeson				

## YOGA

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:15-9:15am Anusara I-III Group Ex Room Jana Barkin	9:30-10:40am Ashtanga II-III Group Ex Room Lori Soloman			9:30-10:30am Anusara II-III Group Ex Room Janna Barkin		
9:30-10:45am Beginning Yoga Racquetball Courts Jana Barkin*	1:00-2:15pm Mixed Yoga Stretch I-II Group Ex Room Greg Foster	10:30-11:30am 50+ Level I Group Ex Room Dawn Justice	10:45-12:15pm White Lotus Flow II-III Group Ex Room Karen Soroca		10:00-11:15am All Levels Group Ex Room Beth H.	10:15-11:30am Vinyasa Flow I-III Group Ex Room Beth Kraft
7:05-8:35pm Anusara I-III Group Ex Room Janna Barkin			4:15-5:15pm Vinyasa I-III Group Ex Room Beth Kraft	5:30-6:45pm Intro to Yoga Group Ex Room Tim West (all levels)		

## WATER FITNESS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:15-9:00am SwimFit Susie Powell	8:15-9:00am SwimFit Susie Powell		8:15-9:00am SwimFit Susie Powell			
9:00-10:00am Deep Water Boot Camp	9:00-10:00am Lo-No Impact Winnifred Comfort	9:00-10:00am Deep Water Training	9:00-10:00am Lo-No Impact Melissa Adkison		9:00-10:00am Water Fitness Phyllis Schultz	
1:00-2:00pm Water Fitness Amy Hesla		1:00-2:00pm Water Fitness Amy Hesla		1:00-2:00pm Water Fitness Amy or Phyllis		
	6:00-7:00pm Deep Water Training Winnifred Comfort		6:00-7:00pm Deep Water Winnifred Comfort			

**These are Intro Classes suitable for ALL levels of fitness.**

**These classes are recommended for 50+**

\* **Yoga in racquetball court is limited to 15 students ONLY**

**These classes are fee based. Classes begin September 22nd.**