

# Group Fitness Schedule



## Monday

**Spin (SS)**  
Peter  
7:00-8:00

**HIIT (FS)**  
Brian  
9:00-9:55

**QiGong (FS)**  
Pam  
10:00-11:00

**Senior Sculpt (FS)**  
Nancy H  
11:00-12:00

**Total/Cardio Sculpt (FS)**  
Anthony  
5:30-7:00

**Spin (SS)**  
Teresa  
6:30-7:30

**Yoga (US)**  
Josh  
7:00-8:00

## Tuesday

**Spin (SS)**  
Annie  
6:15-7:00

**Spin (SS)**  
Johnny  
8:35-9:25

**Pilates (US)**  
Elaine C  
9:30-10:20

**Yoga (US)**  
Josh  
10:30-11:30

**Line Dancing (FS)**  
Elaine  
10:30-11:30

**Core (FS)**  
Jon  
5:45-6:15

**Zumba (FS)**  
Mary  
6:30-7:30

**Yoga (US)**  
Mandy  
6:30-7:30

## Wednesday

**Spin (SS)**  
Erin  
7:00-7:40

**SB Barre by Soul Body (US)**  
Kristy  
7:45-8:45

**Abs/Body Sculpt (FS)**  
Anthony  
9:15-10:15

**Yoga (US)**  
Mandy  
10:30-11:30

**Senior Sculpt**  
Jon  
10:30-11:30

**Spin (SS)**  
Teresa  
6:00-7:00

**Boxing Bootcamp (FS)**  
Brian  
6:15-7:15

**Yoga (US)**  
Mandy  
7:00-8:00

## Thursday

**Spin (SS)**  
Ricoh  
6:15-7:00

**Sculpt (FS)**  
Kristy  
7:00-8:00

**HIIT (FS)**  
Alix  
8:30-9:25

**Pilates (US)**  
Michelle  
9:30-10:20

**Boxing Cardio (FS)**  
Brian  
9:30-10:25

**Line Dancing (FS)**  
Elaine  
10:30-11:30

**Yoga (US)**  
Elaine C  
10:30-11:30

**Barre (US)**  
Kristy  
6:00-6:55

**HIIT (US)**  
Brian  
7:00-7:45

## Friday

**Spin (SS)**  
Peter  
7:00-7:45

**Sculpt (FS)**  
Brian  
9:30-10:30

**Yoga (US)**  
Elaine C  
10:30-11:30

**Senior Sculpt (FS)**  
Brian  
10:30-11:30

## Saturday

**Sculpt (FS)**  
Erin  
8:30-9:30

**Spin (SS)**  
Teresa  
9:00-9:55

**Strong by Zumba(FS)**  
Joyce  
9:45-10:45

**Spin (SS)**  
Teresa  
10:00-11:00

**Core (US)**  
Elaine C  
11:00-11:30

**Yoga (US)**  
Elaine C  
11:30-12:45

## Sunday

**Spin (SS)**  
Sarah  
9:00-9:55

**Zumba Toning (FS)**  
Joyce  
10:00-11:00

**Yoga**  
Josh  
11:30-12:30

### CLASS LOCATION

SS- Spinning Studio  
FS- Fitness Studio  
US- Upstairs Studio

★ Indicates a change

**Elaine Champion**  
Group Fitness Director



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