

Group Fitness Schedule

Effective August 22, 2016



Monday

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

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

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)
Patrick
6:15-7:00

Sculpt & Stretch (US)
Susan
7:00-8:00

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)
Sarah
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 (FS)
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)
Erin
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

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

Sunday

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

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

Therapeutic Yoga (US)
★ Josh
11:30-12:30

Saturday

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

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

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

CLASS LOCATION

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

Jon A. Kaplan

Fitness and Wellness
Director

Elaine Champion

Assistant Fitness and
Wellness Director

★ Indicates a change



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