

Group Ex Schedule

Effective September 18, 2017

MONDAY

xP	5:15-5:55am [SP]	SPIN xPRESS Sheryl
	5:30-6:25am [1]	POWER INTERVALS Jen (Rotation A) Annie (Rotation B) NEW INSTRUCTOR
	5:30-6:25am [M/B]	FLEX FUSION Nancy
	6:00-6:55am	SPIN Anne W. NEW CLASS
	7:00-7:55am [1]	TBW Karen L.
	7:30-8:25am [3]	CORE STRENGTH Allison
	7:30-8:25 am [M/B]	MAT PILATES Gail
	8:30-9:25am [SP]	SPIN Allison
	8:30-9:25am [L/P]	WATER CIRCUIT TRAINING Gail
xP	8:30-8:55am [3]	CARDIO xPRESS Lorrie
	8:30-9:25am [1]	BARRE FUSION Sue S.
	8:30-9:25am [2]	CARDIO DANCE Sue L.
	8:30-9:25am [M/B]	YOGA LEVEL 1-2 Monica
xP	9:00-9:25am [3]	CORE xPRESS Lorrie
	9:30-10:25am [1]	POWER INTERVALS Ali
	9:30-10:25am [2]	CARDIO BARRE NUMBER REQUIRED PD
	9:30-10:25am [3]	CRT NUMBER REQUIRED Lisa D.
	9:30-10:25am [M/B]	FLEX FUSION Beth P.
	9:30-10:45am [SP]	SPIN and STRENGTH Sandra
	10:30-11:25am [2]	LINE DANCING Sue L.
	10:30-11:25am [1]	CHAIR YOGA Jeannie
	10:30-11:25am [3]	CARDIO STRENGTH LITE Angie
	10:30-11:25am [W/P]	AQUA FIT Joan
	10:30-11:25am [M/B]	BUFF YOGA PD
	11:30-12:25pm [M/B]	GENTLE YOGA Amy
	11:30-12:25pm [L/P]	CARDIO WATER Joan
	4:30-5:25pm [M/B]	YOGA LEVEL 1-2 Karen F.
	4:30-5:25pm [S]	SPIN NEW CLASS Karen L.
	5:15-6:10pm [3]	CRT NUMBER REQUIRED NEW TIME Lorrie
	5:45-6:40pm [1]	Power Intervals Jaimee T
	6:00-6:55pm [2]	WERQ Jessica B.
	6:00-6:55pm	SPIN Suzi
	6:30-7:25pm [M/B]	VINYASA YOGA Mary

TUESDAY

	5:30-6:25am [1]	TBW Jaimee T.
	5:30-6:25am [M/B]	SPORT YOGA Karen F.
	6:00-6:55am [SP]	SPIN Nancy
	7:30-8:25am [M/B]	YOGA LEVEL 1-2 Barb
	7:30-8:25am [2]	FINAL CUT NEW CLASS Sue S.
	7:30-8:25am [3]	CRT NUMBER REQUIRED Sue L.
	7:30-8:25am [1]	CARDIO BARRE FUSION NEW CLASS Bri
	8:00-8:55am [SP]	SPIN BOOT CAMP Sheryl
	8:30-9:25 am [1]	CARDIO STRENGTH Lorrie
	8:30-9:15am [3]	BSS Sue L.
	8:30-9:25am [2]	BODY SCULPT Karen L.
	8:30-9:25am [M/B]	BUFF YOGA Monica
	9:30-10:25am [LP]	DEEP H2O RUNNING Cassie
	9:30-10:25am [1]	FINAL CUT Lorrie
	9:30-10:25am [2]	CARDIO JAM PD
	9:30-10:15am [3]	ULTIMATE PILOXING Angie
	9:30-10:25am [M/B]	POWER YOGA Allie
	9:15-10:40am [SP]	SPIN/YO Barb
	10:30-11:25m [2]	F.A.S.T. LITE Angie
	10:30-11:25am [W/P]	Warm H2O THERAPY Gail
	11:00-11:55am [L/P]	AQUA ZUMBA Mo
	11:00-11:45am [1]	SIT & BE FIT NEW INSTRUCTOR Monica
	12:00-12:55pm [L/P]	WATER WORKS Beth
	1:00-1:55pm [M/B]	YOGA LEVEL 1 Susan T.
	5:00-5:55pm [1]	CARDIO STRENGTH NEW CLASS Jaimee T.
	5:00-5:55pm [M/B]	MAT PILATES Sheryl
	6:00-6:55pm [1]	ZUMBA Betty
	6:00-6:55pm [SP]	SPIN Lisa S.
	6:30-7:25 pm [L/P]	WATER WORKS Mo
	6:30-7:25pm [M/B]	SPORT YOGA Karen F.
	7:15-8:10 pm [2]	BARRE FUSION NEW TIME Bri
	7:30-8:25pm [M/B]	YIN YOGA Karen F.

WEDNESDAY

	5:15-6:10 am [3]	CRT NUMBER REQUIRED Jaime K.
	5:30-6:25am [1]	FINAL CUT NEW CLASS Lisa
	5:45-6:40am [SP]	SPIN Suzi
	7:00-7:55am [1]	TBW Jen
	7:00-7:55am [M/B]	HOT YOGA Lauren
	7:15-8:10am [2]	POWER INTERVALS NEW CLASS Bri
	7:30-8:25am [3]	CORE CONNECTION Lorrie
	8:00-8:55am [SP]	SPIN Gail
	8:30-9:25am [L/P]	CARDIO WATER Sue L.
	8:30-9:25am [1]	FINAL CUT Allison
	8:30-9:25am [2]	YOGALATTES Joan B.
	8:30-9:25am [3]	CROSS TRAIN CHALLENGE Lorrie
	8:30-9:25am [M/B]	BUFF YOGA Lauren
	9:30-10:25am [1]	BARRE FUSION Lauren
	9:30-10:25am [2]	CARDIO STRENGTH Lisa D.
	9:30-10:25am [3]	CRT NUMBER REQUIRED Kara
	9:30-10:45am [SP]	SPIN/YO Monica
	9:30-10:25am [M/B]	POWER YOGA Allie
	10:30-11:25am [W/P]	WARM WTR PILATES Sue L.
	10:30-11:25am [1]	ZUMBA TONING Mo
	11:45-12:30 [3]	BSS Sue L.
	11:30-12:25pm [L/P]	WATER CONDITIONING Corie
	4:30-5:25pm [M/B]	YOGA LEVEL 1-2 Beth P.
	5:30-6:25pm [1]	F.A.S.T. NEW INSTRUCTOR Jaime K.
	6:00-6:55 pm [SP]	SPIN NEW CLASS Karen L.
	7:00-7:55pm [M/B]	YOGA LEVEL 1-2 Mary (Rotation A) Corie (Rotation B)

THURSDAY

5:30-6:25am [1]	POWER INTERVALS Nancy	
6:00-6:55am [SP]	SPIN Monica	NEW CLASS
6:00-6:55am [MB]	RESTORATIVE FLOW Karen F.	
7:30-8:25am [1]	POWER INTERVALS Allison	
7:30-8:25 am [3]	CRT Lorrie	NUMBER REQUIRED
7:30-8:25am [M/B]	YOGA LEVEL 1-2 Beth P.	
8:15-9:10am [SP]	SPIN Barb	NEW INSTRUCTOR
8:30-9:25am [1]	ATHLETIC CONDITIONING Lorrie	NEW CLASS
8:30-9:25am [2]	BODY SCULPT Karen L.	
8:30-9:25am [3]	MAT PILATES Sheryl	
8:30-9:25am [M/B]	YOGA LEVEL 1-2 Susan T.	
9:30-10:25am [1]	ATHLETIC CONDITIONING Ali	
9:30-10:25am [2]	CARDIO BARRE FUSION Sue S.	NUMBER REQUIRED
9:30-10:25am [3]	FINAL CUT Lisa D.	
9:30-10:25am [M/B]	YOGA LEVEL 1-2 Monica	
9:30-10:25am [SP]	SPIN Kara	
9:30-10:25am [L/P]	DEEP WATER RUNNING Cassie	
10:30-11:25am [3]	CRT LITE Lisa D.	NUMBER REQUIRED
10:30-11:25am [W/P]	WARM WATER THERAPY Corie	
11:00-11:45am [1]	SIT & BE FIT Gail	
11:00-11:55am [M/B]	GENTLE YOGA Barb	
11:00-11:45am [L/P]	AQUA ZUMBA Mo	
12:00-12:55pm [L/P]	WATER WORKS Beth	
1:30-2:25pm [W/P]	AQUA FIT Joan	
4:30-5:25pm [1]	POWER INTERVALS Katie	NEW CLASS
5:00-5:55pm [M/B]	FLEX FUSION Beth P.	
5:30-6:25pm [1]	POWER INTERVALS Jaime K.	
6:30-7:25am [2]	NIA Kendra	
6:30-7:25 pm [L/P]	WATER CONDITIONING Jaime K.	
7:00-7:55pm [M/B]	YOGA LEVEL 1-2 Amy (Rotation A) Karen F (Rotation B)	
8:00-8:55pm [M/B]	YIN YOGA Amy (Rotation A) Karen F (Rotation B)	

FRIDAY

xP 5:15-5:55am [SP]	SPIN xPRESS Jaime K.	NEW INSTRUCTOR
5:30-6:25am [3]	CIRCUIT TRAINING CAMP Nancy	
5:45-6:40am [1]	TBW Lisa D.	
7:00-7:55am [1]	TBW Sue L.	
7:15-8:10am [2]	CARDIO STRENGTH Jaimee	
7:30-8:25am [M/B]	VINYASA YOGA Lauren	
7:30-8:25am [SP]	SPIN Gail	
8:15-9:10am [2]	CARDIO STRENGTH Sue L.	
8:30-9:25 am [3]	CRT Lorrie	NUMBER REQUIRED
8:30-9:25am [1]	BARRE FUSION Lauren	NUMBER REQUIRED
8:30-9:25am [SP]	SPIN Sandra	
8:30-9:25am [M/B]	SPORT YOGA Karen F.	
8:30-9:25am [L/P]	WATER CONDITIONING Gail (Rotation A) Annie (Rotation B)	NEW INSTRUCTOR
9:30-10:25am [2]	F.A.S.T. Katie	NEW INSTRUCTOR
9:30-10:25am [3]	HIIT Kara	
9:30-10:25am [1]	ZUMBA Sue L.	
9:30-10:25am [M/B]	FLEX FUSION Sheryl	
9:30-10:25am [SP]	SPIN Sheri	
9:30-10:25am [L/P]	HYDROFIT CHALLENGE Cassie	
10:30-11:25am [1]	CHAIR YOGA Beth P.	
10:30-11:25am [3]	NIA = Dana	NEW INSTRUCTOR
10:30-11:25am [2]	BARRE FUSION LITE Lauren	
10:45-11:40 am [W/P]	AQUA YOGA Corie	
11:45-12:30 pm [L/P]	WATER WORKS Mo	
1:30-2:25pm [M/B]	GENTLE YOGA Amy	
5:00-6:15pm [M/B]	HOT YOGA Karen F (Rotation A) Allie B. (Rotation B)	

SATURDAY

6:45-7:40am [SP]	SPIN Monica (Rotation A) Jaime K.(Rotation B)	
7:30-8:25am [3]	CRT Rotating Instructors-- see sub sheet	NUMBER REQUIRED NEW TIME
7:30-8:25am [2]	HIIT Bri (Rotation A) Allison (Rotation B)	
8:30-9:25am [3]	F.A.S.T. Bri (Rotation A) Allison (Rotation B)	NEW INSTRUCTORS
7:45-8:40am [SP]	SPIN Sandra	
8:00-8:55am [1]	TBW Lisa D.	
8:00-9:25am [M/B]	HOT YOGA Amy (Rotation A) Beth P. (Rotation B)	
8:30-9:25am [2]	ZUMBA Betty	
8:45-9:40am [SP]	SPIN Sheryl	
9:00-9:55am [1]	POWER INTERVALS Sue S. (Rotation A) Bri (Rotation B)	
10:30-11:25am [1]	YOGA LEVEL 1-2 Amy (Rotation A) Allie (Rotation B)	

SUNDAY

7:30-8:25am [3]	CRT Jaime K.	NUMBER REQUIRED
8:00-8:55am [L/P]	WATER WORKS Joan	
7:45-8:40 am [SP]	SPIN Gail	
8:30-9:25am [1]	YOGA LEVEL 1-2 Monica (Rotation A) Corie (Rotation B)	
8:30-9:25 am [3]	POWER INTERVALS Nancy (Rotation A) Beth (Rotation B)	
9:30-10:25am [3]	FINAL CUT Nancy	

KEY

■	CARDIO	[1] STUDIO 1
■	STRENGTH	[2] STUDIO 2
■	CARDIO STRENGTH	[3] STUDIO 3
■	SENIOR	[M/B] MIND/BODY
■	MIND/BODY	[SP] SPIN STUDIO
■	SPIN	[LP] LAP POOL
■	WATER	[WP] WARM POOL
		xP 25 or 45 MIN xPRESS CLASS

CLASSES REQUIRING ADVANCED RESERVATION

Some of the classes require advanced reservation. Numbers will be distributed by the front desk **30 MINUTES BEFORE** the start of class. Numbers will be collected by the instructor. No admittance without a number.