

Group Ex Renovation Schedule

Effective November 10, 2017

MONDAY

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

TUESDAY

	5:30-6:25am [1]	TBW Jaimee T.	
	5:30-6:25am [2]	SPORT YOGA Karen F.	
	6:00-6:55am [SP]	SPIN Nancy	
	7:30-8:25am [2]	YOGA LEVEL 1-2 Barb	
	7:30-8:25am [G]	CARDIO STRENGTH Sue S.	NEW CLASS
	7:30-8:25am [3]	CRT Sue L.	NUMBER REQUIRED
	7:30-8:25am [1]	CARDIO BARRE FUSION Bri	
	8:00-8:55am [SP]	SPIN BOOT CAMP Sheryl	
	8:30-9:25 am [1]	CARDIO STRENGTH Lorrie	
	8:30-9:15am [G]	BSS Sue L.	
	8:30-9:25am [3]	BODY SCULPT Karen L.	
	8:30-9:25am [2]	BUFF YOGA Monica	
	9:30-10:25am [LP]	DEEP H2O RUNNING Cassie	
	9:30-10:25am [1]	FINAL CUT Lorrie	
	9:30-10:25am [3]	CARDIO JAM PD	
	9:30-10:25am [2]	POWER YOGA Allie	
	9:15-10:40am [SP]	SPIN/YO Barb	
	10:30-11:25m [2]	F.A.S.T. LITE Allison	
	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 Monica	
	12:00-12:55pm [L/P]	WATER WORKS Beth	
	1:00-1:55pm [2]	YOGA LEVEL 1 Susan T.	
	5:00-5:55pm [1]	CARDIO STRENGTH Jaimee T.	
	5:00-5:55pm [SP]	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	
	7:00-7:55pm [SP]	SPORT YOGA Karen F.	NEW TIME
	7:15-8:10 pm [2]	BARRE FUSION Bri	
	8:00-8:55pm [SP]	YIN YOGA Karen F.	NEW TIME

WEDNESDAY

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

FRIDAY

xP 5:15-5:55am [SP]	SPIN xPRESS Jaime K.
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 [3]	CARDIO STRENGTH Jaimee
7:30-8:25am [2]	VINYASA YOGA Lauren
7:30-8:25am [SP]	SPIN Gail
8:15-9:10am [G]	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 [2]	SPORT YOGA Karen F. NEW TIME
8:30-9:25am [L/P]	WATER CONDITIONING Gail (Rotation A) Annie (Rotation B)
9:30-10:25am [G]	F.A.S.T. Katie
9:30-10:25am [3]	HIIT Kara
9:30-10:25am [1]	ZUMBA Sue L.
9:30-10:25am [2]	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
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 [2]	GENTLE YOGA Amy
5:00-6:15pm [2]	VINYASA YOGA Karen F (Rotation A) Allie B. (Rotation B)

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.

SATURDAY

6:45-7:40am [SP]	SPIN Monica (Rotation A) Jaime K.(Rotation B)
7:00-7:55am [1]	Vinyasa Yoga Jeannie (Rotation A) Beth P. (Rotation B) NEW INSTRUCTOR
7:30-8:25am [3]	CRT Rotating Instructors- NUMBER REQUIRED see sub sheet
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)
7:45-8:40am [SP]	SPIN Sandra
8:00-8:55am [1]	TBW Lisa D.
8:30-9:25am [2]	ZUMBA Betty
8:45-9:40am [SP]	SPIN Sheryl
9:00-9:55am [1]	POWER INTERVALS Jaime 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 (Rotation A) Beth (Rotation B)
1:00- 1:45pm [1]	FAMILY YOGA Rotating Instructors NEW CLASS
1:55- 2:40pm [1]	#YOGA Rotating Instructors AGES 9-14

KEY

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