

# Group Ex Schedule

Effective Jan.8, 2018

## MONDAY

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

## TUESDAY

	5:30-6:25am [1]	<b>TBW</b> Jaimee T.
	5:30-6:25am [M/B]	<b>SPORT YOGA</b> Karen F.
	6:00-6:55am [SP]	<b>SPIN</b> Cassie (Rotation A) Nancy (Rotation B) <b>NEW INSTRUCTOR</b>
	7:30-8:25am [M/B]	<b>YOGA LEVEL 1-2</b> Barb
	7:30-8:25am [2]	<b>CARDIO STRENGTH</b> Sue S.
	7:30-8:25am [3]	<b>CRT</b> Sue L. <b>SIGN UP REQUIRED</b>
	7:30-8:25am [1]	<b>CARDIO BARRE FUSION</b> Bri
	8:00-8:55am [SP]	<b>SPIN BOOT CAMP</b> Sheryl
	8:30-9:25 am [1]	<b>CARDIO STRENGTH</b> Lorrie
	8:30-9:15am [3]	<b>BSS</b> Sue L.
	8:30-9:25am [2]	<b>BODY SCULPT</b> Karen L.
	8:30-9:25am [M/B]	<b>SPORT YOGA</b> Monica
	9:30-10:25am [LP]	<b>DEEP H2O RUNNING</b> Cassie
	9:30-9:55am [1]	<b>BLT</b> Lorrie <b>NEW CLASS</b>
	10:00-10:25am [1]	<b>TOP IT OFF</b> Lorrie <b>NEW CLASS</b>
	9:30-10:25am [2]	<b>CARDIO JAM</b> PD
	9:30-10:25am [M/B]	<b>FLEX FUSION</b> Beth P.
	9:15-10:40am [SP/3]	<b>SPIN/YO</b> Barb
	10:30-11:25m [2]	<b>F.A.S.T. LITE</b> Allison
	10:30-11:25am [W/P]	<b>Warm H2O THERAPY</b> Gail
	11:00-11:55am [L/P]	<b>AQUA ZUMBA</b> Mo
	11:00-11:45am [1]	<b>SIT &amp; BE FIT</b> Lisa E. <b>NEW INSTRUCTOR</b>
	12:00-12:55pm [L/P]	<b>WATER WORKS</b> Beth
	12:00-12:55pm [SP]	<b>SPIN</b> Allison <b>NEW CLASS</b>
	1:00-1:55pm [M/B]	<b>GENTLE YOGA</b> Susan T.
	5:00-5:55pm [1]	<b>CARDIO STRENGTH</b> Jaimee T. (Rotation A) Jamie S. (Rotation B) <b>NEW INSTRUCTOR</b>
	5:00-5:55pm [M/B]	<b>MAT PILATES</b> Sheryl
	6:00-6:55pm [1]	<b>ZUMBA</b> Betty
	6:00-6:55pm [SP]	<b>SPIN</b> Lisa S.
	6:30-7:25 pm [L/P]	<b>WATER WORKS</b> Mo
	6:15-7:10pm [M/B]	<b>SPORT YOGA</b> Karen F.
	7:15-8:10pm [2]	<b>BARRE FUSION</b> Sue S. <b>NEW INSTRUCTOR</b>

## WEDNESDAY

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

## THURSDAY

5:15-6:10am [3]	<b>CRT</b> Jaime S.	<b>NEW CLASS</b> <b>SIGN UP REQUIRED</b>
5:30-6:25am [1]	<b>POWER INTERVALS</b> Nancy	
6:00-6:55am [SP]	<b>SPIN</b> Sheri	<b>NEW INSTRUCTOR</b>
6:00-6:55am [M/B]	<b>YIN</b> Karen F.	
7:30-8:25am [1]	<b>POWER INTERVALS</b> Allison	
7:30-8:25 am [3]	<b>CRT</b> Lorrie	<b>SIGN UP REQUIRED</b>
7:30-8:25am [M/B]	<b>YOGA LEVEL 1-2</b> Beth P.	
8:15-9:10am [SP]	<b>SPIN</b> Barb	
8:30-8:55am [1]	<b>LOW IMPACT CARDIO BURN</b> Lorrie	<b>NEW CLASS</b>
9:00-9:25am [1]	<b>ABSolution</b> Lorrie	<b>NEW CLASS</b>
8:30-9:25am [2]	<b>BODY SCULPT</b> Karen L.	
8:30-9:25am [3]	<b>MAT PILATES</b> Sheryl	
8:30-9:25am [M/B]	<b>YOGA LEVEL 1-2</b> Susan T.	
9:30-10:25am [1]	<b>ATHLETIC CONDITIONING</b> Ali	
9:30-10:25am [2]	<b>CARDIO BARRE</b> Sue S.	<b>SIGN UP REQUIRED</b>
9:30-10:25am [3]	<b>FINAL CUT</b> Lisa D.	
9:30-10:25am [M/B]	<b>SPORT YOGA</b> Monica	
9:30-10:25am [SP]	<b>RHYTHM RIDE</b> Kara	<b>NEW CLASS</b>
9:30-10:25am [L/P]	<b>DEEP WATER RUNNING</b> Cassie	
10:30-11:25am [3]	<b>CRT LITE</b> Lisa D.	<b>SIGN UP REQUIRED</b>
10:30-11:25am [W/P]	<b>WARM WATER THERAPY</b> Corie	
11:00-11:45am [1]	<b>SIT &amp; BE FIT</b> Gail	
11:00-11:45am [L/P]	<b>AQUA ZUMBA</b> Mo	
12:00-12:55pm [L/P]	<b>WATER WORKS</b> Beth	
12:00-12:55pm [1]	<b>CARDIO STRENGTH</b> Katie	<b>NEW CLASS</b>
1:30-2:25pm [W/P]	<b>AQUA FIT</b> Joan	
4:30-5:25pm [1]	<b>POWER INTERVALS</b> Katie	
5:30-6:25pm [1]	<b>POWER INTERVALS</b> Jaime K.	
6:00-6:55pm [2]	<b>ZUMBA</b> Jessica B.	
6:30-7:25 pm [L/P]	<b>WATER CONDITIONING</b> Jaime K.	
7:00-7:55pm [M/B]	<b>YOGA LEVEL 1-2</b> Amy (Rotation A) Karen F (Rotation B)	
8:00-8:55pm [M/B]	<b>YIN YOGA</b> Amy (Rotation A) Karen F (Rotation B)	

## FRIDAY

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

## SATURDAY

6:45-7:40am [SP]	<b>SPIN</b> Jaime S. (Rotation A) Kara (Rotation B)	<b>NEW INSTRUCTOR</b>
7:30-8:25am [3]	<b>CRT</b> Rotating Instructors— see sub sheet	<b>SIGN UP REQUIRED</b>
7:30-8:25am [2]	<b>HIIT</b> Allison (Rotation A) Bri (Rotation B)	
8:30-9:25am [3]	<b>F.A.S.T.</b> Allison (Rotation A) Bri (Rotation B)	
7:45-8:40am [SP]	<b>SPIN</b> Sandra	
8:00-8:55am [1]	<b>TBW</b> Lisa D.	
8:30-9:25am [2]	<b>ZUMBA</b> Betty	
8:45-9:40am [SP]	<b>SPIN</b> Sheryl	
9:00-9:55am [1]	<b>POWER INTERVALS</b> Bri (Rotation A) Jaime S. (Rotation B)	
10:30-11:25am [1]	<b>YOGA LEVEL 1-2</b> Amy (Rotation A) Stephanie (Rotation B)	<b>NEW INSTRUCTOR</b>

## SUNDAY

7:30-8:25am [3]	<b>CRT</b> Jaime K.	<b>(SIGN UP REQUIRED)</b>
8:00-8:55am [L/P]	<b>WATER WORKS</b> Joan	
7:45-8:40 am [SP]	<b>SPIN</b> Gail	
8:30-9:25am [1]	<b>YOGA LEVEL 1-2</b> Monica (Rotation A) Corie (Rotation B)	
8:30-9:25 am [3]	<b>POWER INTERVALS</b> Nancy (Rotation A) Beth (Rotation B)	
8:45-10:00am [SP]	<b>THE RIDE</b> Suzi	<b>NEW CLASS</b>
9:30-10:25am [3]	<b>FINAL CUT</b> Nancy (Rotation A) Beth (Rotation B)	
1:00- 1:45pm [1]	<b>FAMILY YOGA</b> Rotating Instructors	
1:55- 2:40pm [1]	<b>#YOGA</b> Rotating Instructors	<b>AGES 9-14</b>

## KEY

	<b>CARDIO</b>	[1] STUDIO 1
	<b>STRENGTH</b>	[2] STUDIO 2
	<b>MIND/BODY</b>	[3] STUDIO 3
	<b>CARDIO STRENGTH</b>	[M/B] MIND/BODY
	<b>SPIN</b>	[SP] SPIN STUDIO
	<b>SENIOR</b>	[LP] LAP POOL
	<b>WATER</b>	[WP] WARM POOL