

# GROUP FITNESS SCHEDULE

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START DATE: OCTOBER 1, 2021

TIME	Mon	Tues	Wed	Thurs	Fri	Sat	
AM	Early Bird Cycling Cycling Studio Mike 5:15 AM - 6:00 AM	Queenax Circuit Queenax Studio Mike 5:15 AM - 6:00 AM	Early Bird Cycling Cycling Studio Mike 5:15 AM - 6:00 AM	Queenax Circuit Queenax Studio Mike 5:15 AM - 6:00 AM	Early Bird Cycling Cycling Studio Mike 5:15 AM - 6:00 AM		
						Fit Mix Aerobics Studio Amelia 7:15 AM - 8:15 AM	
						Oktoberfest Germany Destination by Mike Cycling Studio 10/9 8:15 AM - 9:15 AM	
	Morning Yoga Aerobics Studio Chris 8:30 AM - 9:30 AM	Morning Yoga Aerobics Studio Chris 8:30 AM - 9:30 AM	Vinyasa Yoga Aerobics Studio Jen 8:30 AM - 9:30 AM	Morning Yoga Aerobics Studio Chris 8:30 AM - 9:30 AM	Morning Yoga Aerobics Studio Chris 8:30 AM - 9:30 AM	T2 Step Aerobics Studio Emily 8:30 AM - 9:15 AM	
		Tabata Queenax Studio Deisy 8:45 AM - 9:30 AM	Balance & Stability Queenax Studio Cyndi 8:45 AM - 9:30 AM	Barre Ballet Queenax Room Lee Ann 9:45 AM - 10:30 AM			
		Pop Up Classes Mat Pilates on 10 / 5 Aerobics Studio DoreneThen Varied 9:30AM - 10:15 AM				Saturday Cycle Cycling Room Lindsay 9:30 AM - 10:15 AM	
	Fit Mix Aerobics Studio Candice 10:00 AM - 11:00 AM	Stretch-Ability Aerobics Studio Cyndi 10:45 AM - 11:30 AM	Simple Tai Chi Gentle Yoga Aerobics Studio Ruth 10:00 AM - 10:45 AM	Fit Mix Aerobics Studio Candice 10:00 AM - 11:00 AM	Simple Tai Chi Gentle Yoga Aerobics Studio Ruth 10:00 AM - 10:45 AM		
PM	C3 Cycle Cycling Room DeAnna 5:15 PM - 6:00 PM	Beat Mix Cycling Cycling Studio Emily 5:15 PM - 6:00 PM	C3 Cycle Cycling Room DeAnna 5:15 PM - 6:00 PM	Beat Mix Cycling Cycling Studio Emily 5:15 PM - 6:00 PM			
	Small Group Training Queenax Studio Cyndi 5:30 PM - 6:15 PM		Evening Cycle Cycling Studio Instructor & Start Date TBA 6:30 PM - 7:15 PM	Small Group Training Queenax Studio Cyndi 5:30 PM - 6:15 PM			
	Cardio Kickboxing Aerobics Studio Joe 6:15 PM - 7:00 PM	Free Style Step Queenax Studio Leah 6:30 PM - 7:15 PM	Cardio Kickboxing Aerobics Studio Joe 6:15 PM - 7:00 PM	Zumba Queenax Studio Amelia 6:30 PM - 6:45 PM	Kickboxing/TRX Queenax Studio Candice 6:00 PM - 6:55 PM		
	Core Conditioning Aerobics Studio Joe 7:00 PM - 7:30 PM	High Intensity Intervals Aerobics Studio Tina 6:45 PM - 7:45 PM	Core Conditioning Aerobics Studio Joe 7:00 PM - 7:30 PM	High Intensity Intervals Aerobics Studio Tina 6:45 PM - 7:45 PM			

**Group Fitness Specialty classes require Daxko Registration at Membership Desk. Affordable Fees may apply.**