

GROUP FITNESS SCHEDULE



START DATE: 01/18/20

TIME	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
5:00 AM		Queenax Circuit Queenax Room Mike Fruehling 5:15 AM - 6:00 AM		Queenax Circuit Queenax Room Mike Fruehling 5:15 AM - 6:00 AM			
5:30 AM	Early Bird Cycling Cycling Room Dave Wonder 5:30 AM - 6:15 AM		Early Bird Cycling Cycling Room Dave Wonder 5:30 AM - 6:15 AM		Early Bird Cycling Cycling Room Dave Wonder 5:30 AM - 6:15 AM		
7:00 AM						Beat Ride Cycling Room Emily Vankuren 7:15 AM - 8:00 AM	
8:30 AM	Vinyasa Yoga Aerobics Studio Jen Lowry 8:30 AM - 9:30 AM	Vinyasa Yoga Aerobics Studio Chris Burch 8:30 AM - 9:30 AM	Vinyasa Yoga Aerobics Studio Jen Lowry 8:30 AM - 9:30 AM	Vinyasa Yoga Aerobics Studio Chris Burch 8:30 AM - 9:30 AM	Vinyasa Yoga Aerobics Studio Jen Lowry 8:30 AM - 9:30 AM		
8:00 AM					Queenax Circuit Queenax Room Elizabeth James 8:30 AM - 9:15 AM		
10:00 AM	Fit Mix Aerobics Studio Candace Van Voorst 10:00 AM - 10:45 AM	Stretch-Ability Aerobics Studio Lee Ann Kessler 10:45 AM - 11:30 AM			Tai Chi (starts 1/29) Aerobics Studio Jennifer Chambers-Schwob 10:45 AM - 11:15 AM		
5:30 PM		Cardio Dance Fusion Aerobics Studio Leah Love 5:30 PM - 6:15 PM					
6:00 PM	Cardio Kickboxing Aerobics Studio Joe Begley 6:00 PM - 6:45 PM		Cardio Kickboxing Aerobics Studio Joe Begley 6:00 PM - 6:45 PM		Queenax Circuit Queenax Room Joe Begley 6:00 PM - 6:45 PM		
		Second Chance Cycling Cycling Room Emily VanKuren 6:15 PM - 7:00 PM		Second Chance Cycling Cycling Room Emily VanKuren 6:15 PM - 7:00 PM			
6:30 PM	Queenax Circuit Queenax Room Mike Fruehling 6:30 PM - 7:15 PM	High Intensity Intervals Aerobics Studio Tina Begley 6:30 PM - 7:15 PM		High Intensity Intervals Aerobics Studio Tina Begley 6:30 PM - 7:15 PM			
7:00 PM	Core Conditioning Aerobics Studio Joe Begley 7:00 PM - 7:30 PM		Core Conditioning Aerobics Studio Joe Begley 7:00 PM - 7:30 PM				