

# GROUP FITNESS SCHEDULE (MORNING)



START DATE: 12/11/19

TIME	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
5:00 AM		<b>QUEENAX Circuit</b> Queenax Room Merissa Burns-Gray 5:15 AM - 6 AM		<b>QUEENAX Circuit</b> Queenax Room Merissa Burns-Gray 5:15 AM - 6 AM			
5:30 AM	<b>Early Bird Cycle</b> Cycle Room Dave Wonder 5:30 AM - 6:15 AM		<b>Early Bird Cycle</b> Cycle Room Dave Wonder 5:30 AM - 6:15 AM		<b>Early Bird Cycle</b> Cycle Room Dave Wonder 5:30 AM - 6:15 AM		
6:00 AM		<b>Pilates</b> Aerobics Studio Dorene Mohler 6 AM - 6:45 AM		<b>Yogalates</b> Aerobics Studio Dorene Mohler 6 AM - 6:45 AM			
6:30 AM			<b>Beat Ride</b> Cycle Room Lindsay Wilson 6:30 AM - 7:15 AM				
7:00 AM						<b>Early Bird Cycle</b> Cycle Room Tari Kapchinske 7:15 AM - 8 AM	
7:30 AM	<b>ZUMBA Aerobics</b> Aerobics Studio Amelia Toronjo 7:30 AM - 8:15 AM		<b>ZUMBA Aerobics</b> Aerobics Studio Amelia Toronjo 7:30 AM - 8:15 AM				
8:00 AM		<b>Fit Mix</b> Aerobics Studio Amelia Toronjo 8 AM - 9 AM		<b>Fit Mix</b> Aerobics Studio Amelia Toronjo 8 AM - 9 AM			<b>Chair Yoga</b> Aerobics Studio Beth Rockert 8:15 AM - 9:15 AM
8:30 AM	<b>Yoga</b> Aerobics Studio Jen Warmoth 8:30 AM - 9:30 AM	<b>Pedal On</b> Cycle Room Emily VanKuren 8:45 AM - 9:30 AM	<b>Yoga</b> Aerobics Studio Jen Warmoth 8:30 AM - 9:30 AM	<b>Pedal On</b> Cycle Room Emily VanKuren 8:45 AM - 9:30 AM	<b>Yoga</b> Aerobics Studio Jen Warmoth 8:30 AM - 9:30 AM		
	<b>QUEENAX Circuit</b> Queenax Room Ashlie Coughlan 8:30 AM - 9:30 AM		<b>QUEENAX Circuit</b> Queenax Room Mollie Grizzle 8:30 AM - 9:30 AM		<b>QUEENAX Circuit</b> Queenax Room Laura Zens 8:30 AM - 9:30 AM		
	<b>Power Pedal</b> Cycle Room Emily VanKuren 8:45 AM - 9:30 AM				<b>Rhythm Ride</b> Cycle Room Emily VanKuren 8:45 AM - 9:30 AM		
9:00 AM						<b>Turbo Step</b> Aerobics Studio Tom Beirne 9 AM - 10 AM	
9:30 AM	<b>Step It Up!</b> Aerobics Studio Tom Beirne 9:30 AM - 10:20 AM		<b>Step It Up!</b> Aerobics Studio Tom Beirne 9:30 AM - 10:20 AM		<b>Step It Up!</b> Aerobics Studio Tom Beirne 9:30 AM - 10:20 AM		
10:00 AM							
10:30 AM			<b>Qi Gong for Health and Well-Being</b> Aerobics Studio Ruth Kamen 10:30 AM - 11:30 AM		<b>Therapeutic Tai Chi in a Chair</b> Aerobics Studio Jennifer Chambers-Schwob 10:45 AM - 11:15 AM	<b>Turbo Cycle</b> Cycle Room Tom Beirne 10:30 AM - 11:30 AM	
11:00 AM							

# GROUP FITNESS SCHEDULE (AFTERNOON)



START DATE: 12/11/19

TIME	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
5:00 PM	<b>TRX Tabata</b> Queenax Room Aemilia Gray 5 PM - 5:30 PM		<b>Active Yoga Flow</b> Aerobics Studio Chris Burch 5 PM - 6 PM		<b>Cardio Dance Mix</b> Aerobics Studio Leah Love 5:00 PM - 5:45 PM		
5:30 PM	<b>Rev It Up</b> Cycle Room Tom Beirne 5:30 PM - 6:15 PM	<b>QUEENAX Circuit</b> Queenax Room Laura Zens 5:30 PM - 6:15 PM	<b>Rev It Up</b> Cycle Room Tom Beirne 5:30 PM - 6:15 PM	<b>QUEENAX Circuit</b> Queenax Room Laura Zens 5:30 PM - 6:15 PM			
		<b>Rip &amp; Ride</b> Cycle Room Tom Beirne 5:30 PM - 6:30 PM		<b>Rip &amp; Ride</b> Cycle Room Tom Beirne 5:30 PM - 6:30 PM			
6:00 PM	<b>Cardio Kickbox</b> Aerobics Studio Joe Begley 6:15 PM - 7 PM	<b>Vinyasa Yoga</b> Aerobics Studio Beth Rockert 6 - 7 PM	<b>Cardio Kickbox</b> Aerobics Studio Joe Begley 6:15 PM - 7 PM		<b>Vinyasa Yoga</b> Aerobics Studio Chris Burch 6 PM - 7 PM		
6:30 PM		<b>QUEENAX Circuit</b> Queenax Room Tina Begley 6:30 PM - 7:30 PM		<b>QUEENAX Circuit</b> Queenax Room Tina Begley 6:30 PM - 7:30 PM			
7:00 PM	<b>Totally Ab Blast</b> Aerobics Studio Joe Begley 7 PM - 7:30 PM		<b>Totally Ab Blast</b> Aerobics Studio Joe Begley 7 PM - 7:30 PM				

**SPECIAL EVENTS:**

**Silent Night Yoga**  
Aerobics Studio  
Chris Burch  
3:30 - 4:45 PM  
December 29th