

GROUP FITNESS SCHEDULE (MORNING)



START DATE: 01/06/2020

TIME	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
5:00 AM		QUEENAX Circuit Queenax Room Merissa Burns-Gray 5:15 AM - 6 AM		QUEENAX Circuit Queenax Room Merissa Burns-Gray 5:15 AM - 6 AM			
5:30 AM	Early Bird Cycle Cycle Room Dave Wonder 5:30 AM - 6:15 AM		Early Bird Cycle Cycle Room Dave Wonder 5:30 AM - 6:15 AM		Early Bird Cycle Cycle Room Dave Wonder 5:30 AM - 6:15 AM		
6:00 AM		Pilates Aerobics Studio Dorene Mohler 6 AM - 6:45 AM		Yogalates Aerobics Studio Dorene Mohler 6 AM - 6:45 AM			
6:30 AM			Beat Ride Cycle Room Lindsay Wilson 6:30 AM - 7:15 AM				
7:00 AM						Early Bird Cycle Cycle Room Tari Kapchinske 7:15 AM - 8 AM	
7:30 AM	ZUMBA Aerobics Aerobics Studio Amelia Toronjo 7:30 AM - 8:15 AM		ZUMBA Aerobics Aerobics Studio Amelia Toronjo 7:30 AM - 8:15 AM				
8:00 AM		Fit Mix Aerobics Studio Amelia Toronjo 8 AM - 9 AM		Fit Mix Aerobics Studio Amelia Toronjo 8 AM - 9 AM			Chair Yoga Aerobics Studio Beth Rockert 8:15 AM - 9:15 AM
8:30 AM	Yoga Aerobics Studio Jen Warmoth 8:30 AM - 9:30 AM	Pedal On Cycle Room Emily VanKuren 8:45 AM - 9:30 AM	Yoga Aerobics Studio Jen Warmoth 8:30 AM - 9:30 AM	Pedal On Cycle Room Molly Grizzle 8:45 AM - 9:30 AM	Yoga Aerobics Studio Jen Warmoth 8:30 AM - 9:30 AM		
	QUEENAX Circuit Queenax Room Ashlie Coughlan 8:30 AM - 9:30 AM		QUEENAX Circuit Queenax Room Mollie Grizzle 8:30 AM - 9:30 AM		QUEENAX Circuit Queenax Room Laura Zens 8:30 AM - 9:30 AM		
	Beat Ride Cycle Room Emily VanKuren 8:45 AM - 9:30 AM				Rhythm Ride Cycle Room Emily VanKuren 8:45 AM - 9:30 AM		
9:00 AM						Turbo Step Aerobics Studio Tom Beirne 9 AM - 10 AM	
9:30 AM	Step It Up! Aerobics Studio Tom Beirne 9:30 AM - 10:20 AM		Step It Up! Aerobics Studio Tom Beirne 9:30 AM - 10:20 AM		Step It Up! Aerobics Studio Tom Beirne 9:30 AM - 10:20 AM		
10:00 AM						Teen Cardio Dance Mix Aerobics Studio Leah Love 10:15 AM - 11 AM	
10:30 AM			Qi Gong for Health and Well-Being Aerobics Studio Ruth Kamen 10:30 AM - 11:30 AM		Therapeutic Tai Chi in a Chair Aerobics Studio Jennifer Chambers-Schwob 10:45 AM - 11:15 AM	Turbo Cycle Cycle Room Tom Beirne 10:30 AM - 11:30 AM	
11:00 AM						Teen Yoga Aerobics Studio Kim Stroud 11:15 AM - 12:15 PM	

GROUP FITNESS SCHEDULE (AFTERNOON)



START DATE: 01/06/2020

TIME	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
4:30 PM					Dance Mix with Weights & Bands Aerobics Studio Leah Love 4:45 PM - 5:30 PM		
5:00 PM	TRX Tabata Queenax Room Aemilia Gray 5 PM - 5:30 PM		Active Yoga Flow Aerobics Studio Chris Burch 5 PM - 6 PM	Toning & Strength Aerobics Studio Aemilia Gray 5:15 PM - 5:45 PM			
5:30 PM	Rev It Up Cycle Room Tom Beirne 5:30 PM - 6:15 PM	QUEENAX Circuit Queenax Room Laura Zens 5:30 PM - 6:15 PM	Rev It Up Cycle Room Tom Beirne 5:30 PM - 6:15 PM	QUEENAX Circuit Queenax Room Laura Zens 5:30 PM - 6:15 PM			
		Rip & Ride Cycle Room Tom Beirne 5:30 PM - 6:30 PM		Rip & Ride Cycle Room Tom Beirne 5:30 PM - 6:30 PM			
6:00 PM	Cardio Kickbox Aerobics Studio Joe Begley 6:15 PM - 7 PM	Power Yoga Aerobics Studio Kim Stroud 6 - 6:45 PM	Cardio Kickbox Aerobics Studio Joe Begley 6:15 PM - 7 PM	Cardio-Dance Fusion Aerobics Studio Leah Love 6:00 PM - 6:45 PM	Vinyasa Yoga Aerobics Studio Chris Burch 5:45 PM - 6:45 PM		
6:30 PM		QUEENAX Circuit Queenax Room Tina Begley 6:30 PM - 7:30 PM		QUEENAX Circuit Queenax Room Tina Begley 6:30 PM - 7:30 PM			
7:00 PM	Totally Ab Blast Aerobics Studio Joe Begley 7 PM - 7:30 PM		Totally Ab Blast Aerobics Studio Joe Begley 7 PM - 7:30 PM				

SPECIAL EVENTS:

Renew Yoga
Aerobics Studio
Beth Rockert
12 - 1:30 PM
January 18th