

# GROUP FITNESS SCHEDULE



START DATE: 08/01/2020

TIME	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
5:30 AM	<b>Early Bird Cycling</b> Cycling Room Dave Wonder 5:30 AM - 6:15 AM	<b>Queenax Circuit</b> Queenax Room Mike Fruehling 5:15 AM - 6:00 AM	<b>Early Bird Cycling</b> Cycling Room Dave Wonder 5:30 AM - 6:15 AM	<b>Queenax Circuit</b> Queenax Room Mike Fruehling 5:15 AM - 6:00 AM	<b>Early Bird Cycling</b> Cycling Room Dave Wonder 5:30 AM - 6:15 AM		
6:00 AM		<b>Beat Ride</b> Cycling Room Lindsay Wilson 6:15 AM - 7:00 AM		<b>Beat Ride</b> Cycling Room Lindsay Wilson 6:15 AM - 7:00 AM			
6:30 AM	<b>Second Time Around</b> Cycling Room Dave Wonder 6:30 AM - 7:15 AM		<b>Second Time Around</b> Cycling Room Dave Wonder 6:30 AM - 7:15 AM		<b>Second Time Around</b> Cycling Room Dave Wonder 6:30 AM - 7:15 AM		
	<b>Pilates</b> Aerobics Studio Dorene Mohler 6:30 AM - 7:15 AM		<b>Yogalates</b> Aerobics Studio Dorene Mohler 6:30 AM - 7:15 AM				
7:30 AM	<b>Zumba</b> Aerobics Studio Amelia Toronjo 7:30 AM - 8:15 AM	<b>Vinyasa Yoga</b> Aerobics Studio Chris Burch 7:30 AM - 8:30 AM	<b>Zumba</b> Aerobics Studio Amelia Toronjo 7:30 AM - 8:15 AM	<b>Vinyasa Yoga</b> Aerobics Studio Chris Burch 7:30 AM - 8:30 AM	<b>Zumba</b> Aerobics Studio Amelia Toronjo 7:30 AM - 8:15 AM		
8:30 AM	<b>Vinyasa Yoga</b> Aerobics Studio Jen Lowry 8:30 AM - 9:30 AM	<b>Fit Mix</b> Aerobics Studio Amelia Toronjo 8:45 AM - 9:30 AM	<b>Vinyasa Yoga</b> Aerobics Studio Jen Lowry 8:30 AM - 9:30 AM	<b>Fit Mix</b> Aerobics Studio Amelia Toronjo 8:45 AM - 9:30 AM	<b>Vinyasa Yoga</b> Aerobics Studio Jen Lowry 8:30 AM - 9:30 AM		
	<b>Queenax Circuit</b> Queenax Room Ashley Coughlan 8:30 AM - 9:15 AM			<b>Carbon Blues Cruise</b> Cycling Room Mollie Grizzle 8:45 AM - 9:30 AM	<b>Queenax Circuit</b> Queenax Room Elizabeth James 8:30 AM - 9:15 AM		
9:00 AM						<b>Vinyasa Yoga</b> Aerobics Studio Beth Rockert 9:00 AM - 10:00 AM	
9:30 AM	<b>Step-it-Up</b> Aerobics Studio Tom Beirne 9:45 AM - 10:15 AM		<b>Step-it-Up</b> Aerobics Studio Tom Beirne 9:45 AM - 10:15 AM		<b>Step-it-Up</b> Aerobics Studio Tom Beirne 9:45 AM - 10:15 AM		
10:00 AM						<b>Centering for Tranquility</b> Aerobics Studio Ruth Kamen 10:15 AM - 10:45 AM	
10:30 AM		<b>Stretch-Ability</b> Aerobics Studio Cyndi Hunt 10:45 AM - 11:30 AM	<b>Qi Gong</b> Aerobics Studio Ruth Kamen 10:45 AM - 11:45 AM		<b>Tai Chi</b> Aerobics Studio Jennifer Chambers-Schwob 10:45 AM - 11:15 AM		
5:00 PM	<b>Rev-it-Up</b> Cycling Room Tom Beirne 5:15 PM - 6:00 PM	<b>Rip-&amp;-Ride</b> Cycling Room Tom Beirne 5:15 PM - 6:00 PM	<b>Rev-it-Up</b> Cycling Room Tom Beirne 5:15 PM - 6:00 PM	<b>Rip-&amp;-Ride</b> Cycling Room Tom Beirne 5:15 PM - 6:00 PM			
				<b>Cardio Dance Mix</b> Aerobics Studio Leah Love 5:15 PM - 6:00 PM			
6:00 PM	<b>Cardio Kickboxing</b> Aerobics Studio Joe Begley 6:15 PM - 7:00 PM		<b>Cardio Kickboxing</b> Aerobics Studio Joe Begley 6:15 PM - 7:00 PM				
	<b>Second Chance Cycling</b> Cycling Room Tom Beirne 6:15 PM - 7:00 PM	<b>Second Chance Cycling</b> Cycling Room Emily VanKuren 6:15 PM - 7:00 PM	<b>Second Chance Cycling</b> Cycling Room Tom Beirne 6:15 PM - 7:00 PM	<b>Second Chance Cycling</b> Cycling Room Emily VanKuren 6:15 PM - 7:00 PM			
6:30 PM	<b>Queenax Circuit</b> Queenax Room Mike Fruehling 6:30 PM - 7:15 PM	<b>High Intensity Intervals</b> Aerobics Studio Tina Begley 6:30 PM - 7:15 PM		<b>High Intensity Intervals</b> Aerobics Studio Tina Begley 6:30 PM - 7:15 PM			
7:00 PM	<b>Core Conditioning</b> Aerobics Studio Joe Begley 7:15 PM - 7:45 PM		<b>Core Conditioning</b> Aerobics Studio Joe Begley 7:15 PM - 7:45 PM				