

GROUP FITNESS SCHEDULE



START DATE: 10/05/2020

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		
6:30 AM	Pilates Aerobics Studio Dorene Mohler 6:30 AM - 7:15 AM		Yogalates Aerobics Studio Dorene Mohler 6:30 AM - 7:15 AM				
7:00 AM						Beat Ride Cycling Room Emily Vankuren 7:00 AM - 7:45 AM	
8:00 AM	Queenax Circuit Queenax Room Ashley Coughlan 8:00 AM - 8:45 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		
					Queenax Circuit Queenax Room Elizabeth James 8:30 AM - 9:15 AM		
9:00 AM						Turbo Step Aerobics Studio Tom Beirne 9:15 AM - 10:00 AM	
9:30 AM	Step-it-Up Aerobics Studio Tom Beirne 9:45 AM - 10:15 AM		Step-it-Up Aerobics Studio Tom Beirne 9:45 AM - 10:15 AM		Step-it-Up Aerobics Studio Tom Beirne 9:45 AM - 10:15 AM		
10:00 AM						Centering for Tranquility Aerobics Studio Ruth Kamen 10:15 AM - 10:45 AM	
10:30 AM		Stretch-Ability Aerobics Studio Lee Ann Kessler 10:45 AM - 11:30 AM	Qi Gong Aerobics Studio Ruth Kamen 10:45 AM - 11:45 AM		Tai Chi Aerobics Studio Jennifer Chambers-Schwob 10:45 AM - 11:15 AM	Turbo Cycle Cycling Room Tom Beirne 10:30 AM - 11:15 AM	
5:00 PM	Rev-it-Up Cycling Room Tom Beirne 5:15 PM - 6:00 PM	Rip-&-Ride Cycling Room Tom Beirne 5:15 PM - 6:00 PM	Rev-it-Up Cycling Room Tom Beirne 5:15 PM - 6:00 PM	Rip-&-Ride Cycling Room Tom Beirne 5:15 PM - 6:00 PM			
		Zumba (starts 10/13) Aerobics Studio Leah Love 5:15 PM - 6:00 PM		Cardio Dance Mix Aerobics Studio Leah Love 5:15 PM - 6:00 PM			
6:00 PM	Cardio Kickboxing Aerobics Studio Joe Begley 6:15 PM - 7:00 PM		Cardio Kickboxing Aerobics Studio Joe Begley 6:15 PM - 7:00 PM				
	Second Chance Cycling Cycling Room Tom Beirne 6:15 PM - 7:00 PM	Second Chance Cycling Cycling Room Emily VanKuren 6:15 PM - 7:00 PM	Second Chance Cycling Cycling Room Tom Beirne 6:15 PM - 7:00 PM	Second Chance Cycling Cycling Room Emily VanKuren 6:15 PM - 7:00 PM	Queenax Circuit Queenax Room Joe Begley 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 7:15 PM - 7:45 PM		Core Conditioning Aerobics Studio Joe Begley 7:15 PM - 7:45 PM				