

# GROUP FITNESS SCHEDULE



START DATE: 04/19/21

TIME	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
5:00 AM		<b>Queenax Circuit</b> Queenax Studio Mike 5:15 AM - 6:00 AM		<b>Queenax Circuit</b> Queenax Studio Mike 5:15 AM - 6:00 AM			
5:30 AM	<b>Early Bird Cycling</b> Cycling Studio Dave 5:30 AM - 6:15 AM		<b>Early Bird Cycling</b> Cycling Studio Dave 5:30 AM - 6:15 AM		<b>Early Bird Cycling</b> Cycling Studio Dave 5:30 AM - 6:15 AM		
7:30 AM						<b>Fit Mix</b> Aerobics Studio Amelia 7:30 AM - 8:15 AM	
8:30 AM	<b>Vinyasa Flow Yoga</b> Aerobics Studio Chris 8:30 AM - 9:30 AM	<b>Vinyasa Flow Yoga</b> Aerobics Studio Chris 8:30 AM - 9:30 AM	<b>Vinyasa Yoga</b> Aerobics Studio Jen 8:30 AM - 9:30 AM	<b>Vinyasa Flow Yoga</b> Aerobics Studio Chris 8:30 AM - 9:30 AM	<b>Vinyasa Flow Yoga</b> Aerobics Studio Chris 8:30 AM - 9:30 AM	<b>T2 Step</b> Aerobics Studio Emily 8:30 AM - 9:15 AM	
9:00 AM		<b>Queenax Tabata</b> Queenax Studio Deisy 8:45 AM - 9:30 AM *				<b>Queenax Barre</b> Queenax Studio Lee Ann 9:15 - 10:00 AM	
9:30 AM		<b>Sivananda Yoga (until April 27)</b> Aerobics Studio Deisy 9:45 AM - 10:30 AM				<b>Saturday Cycle</b> Cycling Studio Lindsay 9:30 AM - 10:15 AM	
						<b>Mindful Movement</b> Aerobics Studio Ruth 9:30 AM - 10:15 AM	
10:00 AM	<b>Fit Mix</b> Aerobics Studio Candice 10:00 AM - 10:45 AM	<b>Stretch-Ability</b> Aerobics Studio Cyndi 10:45 AM - 11:30 AM	<b>Simple Tai Chi /Yoga</b> Aerobics Studio Ruth 10:00 AM - 10:45 AM	<b>Fit Mix</b> Aerobics Studio Candice 10:00 AM - 10:45 AM	<b>Simple Tai Chi/Yoga</b> Aerobics Studio Ruth 10:00 AM - 10:45 AM		
1:00 PM				<b>Modern Dance *</b> <b>Pay-as-you-go \$</b> Aerobics Studio Lee Ann 1:15 PM - 2:30 PM			
5:00 PM	<b>Cardio Dance with Resistance Bands *</b> Aerobics Studio Leah 5:15 PM - 6:00 PM						
5:00 PM	<b>C3 Cycle</b> Cycling Studio DeAnna 5:15 PM - 6:00 PM	<b>Cardio Dance Fusion</b> Aerobics Studio Leah 5:30 PM - 6:15 PM	<b>C3 Cycle</b> Cycling Studio DeAnna 5:15 PM - 6:00 PM				
6:00 PM	<b>Queenax Circuit</b> Queenax Studio Mike 5:30 PM - 6:15 PM		<b>Cardio Kickboxing</b> Aerobics Studio Joe 6:15 PM - 7:00 PM		<b>Queenax TRX: Cardio Kickboxing</b> Queenax Studio Candice 6:15 PM - 7:00 PM		
	<b>Cardio Kickboxing</b> Aerobics Studio Joe 6:15 PM - 7:00 PM	<b>Beat Mix Cycle</b> Cycling Studio Emily 6:15 PM - 7:00 PM		<b>Beat Mix Cycle</b> Cycling Studio Emily 6:15 PM - 7:00 PM			
6:30 PM		<b>High Intensity Intervals</b> Aerobics Studio Tina 6:30 PM - 7:15 PM		<b>High Intensity Intervals</b> Aerobics Studio Tina 6:30 PM - 7:15 PM			
7:00 PM	<b>Core Conditioning</b> Aerobics Studio Joe 7:00 PM - 7:30 PM		<b>Core Conditioning</b> Aerobics Studio Joe 7:00 PM - 7:30 PM				

Modern Dance is a Specialty Group Fitness class. Register through member services as a Daxko: Pay-A-You-Go class, with intermediate-to-advanced skills recommended.

Cardio Dance: Resistance Bands class starts Monday, May 3rd Queenax Tabata time changes to 9 am May 4