

| MONDAY 16 | TUESDAY 17 | WEDNESDAY 18 | THURSDAY 19 | FRIDAY 20 | SATURDAY 21 |
|----------------------------------------------------------------------------------|----------------------------------------------------------------------------------------|----------------------------------------------------------------------------------|---------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------|
| 5:30 - 6:15 AM LES MILLS GRIT w/Jennifer [Main Studio] | 5:30 AM - 6:00 AM Muscle Conditioning w/Shari [Main Studio] | | 5:30 - 6:00 AM Muscle Conditioning w/Shari [Main Studio] | 5:30 - 6:15 AM Boot Camp w/Molly [Main Studio] | 8:00 AM - 8:50 AM Pi-CHI Yoga Fusion w/Josefina [Mind Body Studio] |
| 6:00 AM - 7:00 AM Yoga w/Mary [Mind Body Studio] | 6:00 AM - 6:45 AM Morning Ride w/Shari [Cycling Studio] | 8:15 AM - 9:15 AM Restorative Yoga w/Vanessa [Mind Body Studio] | 6:00 AM - 6:45 AM Morning Ride w/Shari [Cycling Studio] | 6:00 AM - 7:00 AM Vinyasa Flow w/Christi [Mind Body Studio] | 8:15 AM - 9:10 AM Step Interval Christine [Main Studio] |
| 8:45 AM - 9:45 AM Muscle Conditioning w/Erin [Main Studio] | 8AM - 8:45 AM Balanced Body w/Christine [Main Studio] | 8:45 AM - 9:45 AM Cardio Interval Training w/Erin [Main Studio] | 8AM - 8:45 AM Balanced Body w/Kelly H. [Main Studio] | 8:45 AM - 9:15 AM Pilates-Fundamentals w/Denee [Mind Body Studio] | 9:00 AM - 10:00 AM Vinyasa Basics w/Josefina [Mind Body Studio] |
| 9:00 AM - 10:00 AM Forever Fit w/Denise [Gymnasium] | 8:45 AM - 9:45 AM Total Body FIT w/Christine [Main Studio] | 9:00 AM - 10:00 AM Forever Fit w/Kelly H. [Gymnasium] | 8:45 AM - 9:45 AM Total Body FIT w/Taylor [Main Studio] | 9:00 AM - 10:00 AM Forever Fit w/Lisa G. [Main Studio] | 9:00 AM - 10:00 AM Cycling w/Rhiannon [Cycling Studio] |
| 9:45 AM - 10:45 AM Boot Camp w/Erin [Main Studio] | 9:00 AM-10 AM Aqua w/Theresa [POOL] | 9:45 AM - 10:45 AM Barbell Body Blast w/Erin [Main Studio] | 9:00 AM-10 AM Aqua w/Kelly H. [POOL] | 9 AM - 10 AM Interval Cycling w/Erin [Cycling Studio] | 9:00 AM - 10:00 AM Aqua w/Lisa G. [POOL] |
| 9:45 AM - 10:45 AM Cycling w/Christine [Cycling Studio] | 9:15 AM - 10:30 AM Yoga w/Juli [Mind Body Studio] | 9:45 AM - 10:45 AM Cycling w/Elizabeth [Cycling Studio] | 9:15 AM - 10:30 AM Yoga w/Juli [Mind Body Studio] | 9:15 AM - 10:15 AM Pilates w/Denee [Mind Body Studio] | 9:15 AM - 10:10 AM Zumba™ w/Julie [Main Studio] |
| 9:15 AM - 10:15 AM Pilates w/Deana [Mind Body Studio] | 10:00 AM - 11:00 AM OPEN BARRE w/Denise [Main Studio] | 9:45 AM - 11:00 AM Vinyasa Flow w/Christi [Mind Body Studio] | 10:00 AM - 11:00 AM OPEN BARRE w/Cara [Main Studio] | 10 AM - 11 AM Aqua w/Lisa G. [POOL] | 10:15 AM - 11:30 AM Vinyasa Flow w/Christi/Kelli [Mind Body Studio] |
| 11:00 AM - 12:00 PM Bender BARRE Pilates w/Lisa R. [Main Studio] | 11:00 AM - 12:15 PM Restorative Flow Yoga w/Maribel [Mind Body Studio] | 11:00 AM - 12:00 PM Bender BARRE Pilates w/Lisa G. [Main Studio] | 11:00 AM - 12:15 PM Yin Yoga w/Lisa G. [Mind Body Studio] | 10 AM - 10:50 AM LES MILLS BODYPUMP w/Julie [Main Studio] | 10:15 AM - 11:15 AM OPEN BARRE w/Lisa G. [Main Studio] |
| 11:00 AM - 12:15 PM Vinyasa Flow w/Christi [Mind Body Studio] | 11:00 AM - 11:50 PM Zumba™ w/Deborah [Main Studio] | 11:15 AM - 12:00 PM Restorative Yoga w/Mary [Mind Body Studio] | 11:00 AM - 11:50 PM Cardio Dance w/Katie [Main Studio] | 11:00 AM - 12:00 PM Yoga POWER HOUR w/Christi [Mind Body Studio] | 12:00 PM - 1:00 PM Restorative Yoga w/Maribel [Mind Body Studio] |
| 12:15 PM - 1:00 PM Zumba™ w/Leila [Main Studio] | 12 PM - 12:15 PM 15 MIN A.B.S. w/Deborah [Main Studio] | 12:15 PM - 1:00 PM Zumba™ w/Katie [Main Studio] | 12 PM - 12:15 PM 15 MIN A.B.S. w/Deborah [Main Studio] | 11:00 AM - 12:00 PM OPEN BARRE w/Katie [Main Studio] | |
| 5:00 PM - 5:45 PM Cardio Dance w/Deborah [Main Studio] | 12:15 PM - 1:15 PM LES MILLS BODYPUMP w/Deborah [Main Studio] | 12:15 PM - 1:00 PM LES MILLS RPM w/Julie [Cycling Studio] | 12:15 PM - 1:15 PM LES MILLS BODYPUMP w/Deborah [Main Studio] | 12:15 PM - 1 PM Zumba™ w/Katie [Main Studio] | SUNDAY 22 1:00 PM - 2:00 PM Restorative Yoga w/Ana [Mind Body Studio] |
| 5:45 PM - 6 PM 15 MIN A.B.S. w/Deborah [Main Studio] | 12:15 PM - 1:00 PM LES MILLS RPM w/Julie [Cycling Studio] | 5:15 PM - 6:00 PM BARRE Blast w/Lisa R. [Main Studio] | 12:15 PM - 1:00 PM Cycling w/Christine [Cycling Studio] | | 2:30 PM - 3:30 PM Vinyasa Basics w/Becca [Mind Body Studio] |
| 6:00 PM - 7:00 PM Step Interval w/Sandra [Main Studio] | 5:15 PM - 6:00 PM Yoga Sculpt w/Lisa R. [Main Studio] | | 5:15 PM - 6:00 PM Yoga Sculpt w/Molly [Main Studio] | | 3:00 PM - 4:00 PM H.I.I.T. w/Taylor [Main Studio] |
| 6:00 PM - 7:00 PM Cycling w/Danny [Cycling Studio] | 6:00 PM - 7:00 PM Pilates w/Theresa [Main Studio] | 6:00 PM - 7:00 PM LES MILLS BODYPUMP w/Julie [Main Studio] | 6 PM-6:45 PM H.I.I.T. w/Molly [Main Studio] | LOCATION KEY: MAIN STUDIO MIND BODY STUDIO CYCLE STUDIO GYMNASIUM POOL | 4:00 PM - 5:15 PM HOT YOGA Becca [Mind Body Studio] |
| 6:00 PM - 7:15 PM Vinyasa Flow w/Kait [Mind Body Studio] | 6:00 PM - 7:00 PM Cycling w/Christine [Cycling Studio] | 6:00 PM - 7:00 PM Aqua w/Jamie [POOL] | 6:00 PM - 6:45 PM LES MILLS RPM w/Antonio [Cycling Studio] | | |
| 6:00 PM - 7:00 PM Aqua w/Sheri [POOL] | 6:00 PM - 7:15 PM Yoga w/Lisa R. [Mind Body Studio] | 7:00 PM - 8:15 PM Vinyasa Flow w/Mary [Mind Body Studio] | 6:00 PM - 7:00 PM Restorative Yoga w/Vanessa [Mind Body Studio] | ICON KEY: HEATED CLASS 84° HEATED CLASS 95° NEW CLASS NEW TIME | |
| | 7:00 PM - 7:45 PM Zumba™ w/Theresa [Main Studio] | | 7:00 PM - 7:45 PM Zumba™ w/TBA [Main Studio] | | |
| | | | 7:15 PM - 8:15 PM Yin Yoga w/Vanessa [Mind Body Studio] | | |

2018
Group
Exercise
Schedule
7/16-7/22