



GROUP FITNESS CLASS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5:15-6:15am BodyPump Zone A/B: Lori	5:15-6:15am Cycling & Strong Cycling Studio: Brook	5:00-6:00am BodyPump Zone A/B: Roberta	5:15-5:45am BodyStep Zone A/B: Lori	5:00-6:00am BodyPump/Core Zone A/B: Connie
5:30-6:30am Interval Cycling Cycling Studio: Christine	8:00-9:15am Strength 4 Life Zone A/B: Aly	5:30-6:30am Interval Cycling Cycling Studio: Christine	5:45-6:15am CXWORX Zone A/B: Lori	5:30-6:30am Interval Cycling Cycling Studio: Christine
8:30 - 9:25am RPM Cycling Studio: Deb	9:00-9:45am POUND Core Studio: Nicci	8:30-9:25am RPM Cycling Studio: Deb	5:15-6:15am Cycling & Strong Cycling Studio: Brook	8:00-8:45am Max Toning Zone A/B: Cheryl
9:00-9:30am Phat Attack Core Studio: Brook	9:30-10:30am BodyPump Zone A/B: Sara	8:45-10:00am BodyStep Plus Zone A/B: Cheryl	8:00-9:00am Strength 4 Life Zone A/B: Aly	9:00-10:00am Strength 4 Life Core Studio: TBD
9:30-10:00am CXWORX Core Studio: Brook	12:15-1:00pm BodyPump Zone A/B: Elena	9:00-10:00am BodyCombat Core Studio: Nicci	9:00-10:00am Cycle & Core Cycling Studio: Brook	9:00-10:00am BodyCombat Zone A/B: Nicci
9:00-10:15am Strength 4 Life Zone A/B: Dan	4:40-5:25pm Strong by Zumba Zone A/B: Bryan	10:15-11:00am Silver & Fit Core Studio: Judy O	9:30-10:30am BodyPump Zone A/B: Sara	9:00-10:15am Cycling/Strength Cycling Studio: Kim C
10:15-11:00am Silver & Fit Core Studio: Judy O	5:30-6:30pm Phat Attack Core Studio: Brook	12:15-1:00pm Cycle & Core Cycling Studio: Sandy	12:15-1:00pm Circuit Challenge Core Studio: Judy N.	10:10-11:10am Buns & Abs Zone A/B: Ashley A.
12:15-1:00pm Step N Tone Zone A/B: Judy N.	5:35-6:20pm BodyPump Zone A/B: Lori	5:15-6:00pm BodyStep Zone A/B: Emily	4:45-5:25pm BodyPump Zone A/B: Elena	12:15-1:00pm BodyPump Zone A/B: Emily
4:30-5:15pm RIPPED Zone A/B: Diane	6:20-6:50pm CXWORX Zone A/B: Lori	5:30-6:15pm POUND Core Studio: Diane	5:25-5:55pm CXWORX Zone A/B: Elena	6:00-7:00pm BodyPump Zone A/B: Bryan
5:15-6:10PM Cycling Cycling Studio: Connie	7:00-8:00pm Dance Fitness Zone A/B: Andrea	6:15-7:15pm BodyPump Zone A/B: Kim	4:45-5:15pm Strong by Zumba Core Studio: Bryan	6:15-7:15pm Xtreme Fitness Core Studio: Laura
5:25-6:20pm Body Combat Core Studio: Jessica	7:00 - 8:00pm Cycling & Strong Cycling Studio: Laura	7:20-7:50pm CXWORX Zone A/B: Kim	5:30-6:30pm Zumba Core Studio: Bryan	
6:15-7:15pm BodyPump Zone A/B: Connie				

JULY 2018

SATURDAY	SUNDAY
7:15-7:45am GRIT Zone A/B: Michelle	8:45-9:30am Cycling Cycling Studio: Mathias
8:00-9:00am BodyPump/Core Zone A/B: Connie	9:00-10:00am BodyPump Zone A/B: Kim S.
9:00-10:00am RPM Challenge Cycling Studio: Janelle/Sara	9:00-10:00am *Circuit Challenge Core Studio: Jeannie
9:00-10:00am Zumba Core Studio: Bryan	* Circuit Challenge may go outside weather permitting
9:15 - 10:15am BodyStep Zone A/B: Elena	
10:30-11:30am BodyCombat Core Studio: Kim	

FITNESS LAUNCH PARTY

SATURDAY, July 7th
7:30am-11:30am



PHAT
Attack

water in motion[®]
The new wave in aqua exercise

LES MILLS
BODYFLOW

LES MILLS
RPM

STRONG
by ZUMBA

LES MILLS
CXWORX

AQUA BOOTCAMP

*Classes that do not meet the minimum attendance requirement can be removed from the schedule at any time.