

Group Fitness Class Schedule: November 2017

Schedule Updated Monthly----Non Members may attend by purchasing a day pass

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:15-6:15am BodyPump Zone: A/B: Lori	5:15-6:15am Cycling & Strong Cycling Studio: Brook	5:00-6:00am BodyPump A/B Studio: Roberta	5:15-6:15am BodyStep/Core Zone A/B: Lori	5:00-6:00am BodyPump/CXWORX Zone A/B: Connie	7:15-7:45am GRIT Zone A/B: Michelle	8:00-8:45am POUND Core Studio: Diane
5:30-6:30am Interval Cycling Cycling Studio: Christine	8:00-9:15am Strength 4 Life Yoga-Pilates Studio: Debra	5:30-6:30am Interval Cycling Cycling Studio: Christine	5:15-6:15am Cycling & Strong Cycling Studio: Brook	5:30-6:30am Interval Cycling Cycling Studio: Christine	8:00-9:00am BodyPump/CXWORX Zone A/B: Connie	9:00-10:00am BodyPump Zone A/B: Nicci
8:30 - 9:25am RPM Cycling Studio: Deb	8:45-9:15am BodyStep Xpress Zone A/B: Cheryl	8:30-9:25am RPM Cycling Studio: Deb	8:00-9:15am Strength 4 Life Zone A/B: Debra	8:00-8:45am Max Toning Zone A/B: Cheryl	9:00-10:00am RPM Challenge Cycling Studio: Janelle/Sara	9:00-10:00am *Circuit Challenge Core Studio: Jeannie
9:00-10:00am Phat Attack Core Studio: Brook	9:30-10:30am BodyPump Zone A/B: Sara	8:45-10:00am BodyStep Plus Zone A/B: Cheryl	9:00-10:00am Cycle & Core Cycling Studio: Brook	9:15-10:30am Cycling/Strength Cycling Studio: Kim C	9:15 - 10:15am BodyStep Zone A/B: Elena	NEW 10:15-11:15am Ultimate Intervals Zone A/B: Tina
9:00-10:15am Strength 4 Life Zone A/B: Debra	12:15-1:00pm BodyPump Zone A/B: Elena	NEW 9:00-10:00am Kick Fit Core Studio: Terrence/Dan	9:30-10:30am BodyPump Zone A/B: Sara	9:00-10:00am PIYO Core Studio: TBD	9:00-10:00am Zumba Core Studio: Bryan	* Circuit Challenge may go outside weather permitting
10:10-10:55am Silver & Fit Core Studio: Judy O	4:40-5:25pm Bodystep Zone A/B: Emily	12:15-1:00pm Cycling Stages Cycling Studio: Sandy	4:45-5:55PM BodyPump/CXWORX Zone A/B: Elena	9:00-10:00am BodyCombat Zone A/B: Nicci	10:30-11:30am BodyCombat Zone A/B: Kim	
12:15-1:00pm BodyStep Zone A/B: Elena	5:30-6:30pm Phat Attack Core Studio: Brook	5:15-6:00pm BodyStep Zone A/B: Emily	4:45-5:15pm GRIT Core Studio: Michelle	10:10-11:10am Buns & Abs Zone A/B: Joni		
4:45-5:30pm RIPPED Zone A/B: Diane	5:35-6:50pm BodyPump/CXWORX Zone A/B: Lori	5:15-6:15pm Cycling/Strength Cycling Studio: Connie	5:30-6:30pm Zumba Core Studio: Bryan	11:15-12:00pm Beginning Stretch Zone A/B: Joni		
5:15-6:10PM Cycling & Core Cycling Studio: Connie	7:00-8:00pm Dance Fitness Zone A/B: Andrea	NEW 5:30-6:15pm POUND Core Studio: Diane	6:00-7:00pm PIYO Zone A/B: Judy F	12:15-1:00pm BodyPump Zone A/B: Emily		
5:25-6:20pm Body Combat Core Studio: Jessica	7:00 - 8:00pm Cycling & Strong Cycling Studio: Laura	6:15-7:15pm BodyPump Zone A/B: Kim	6:45-7:45pm Strong by Zumba Core Studio: Bryan	6:00-7:00pm BodyPump Zone A/B: Bryan		
6:15-7:15pm BodyPump Zone A/B: Connie		7:30-8:30pm BodyCombat Zone A/B: Kim		6:15-7:15pm Xtreme Fitness Core Studio: Laura		
NEW 7:30-8:30pm Ultimate Intervals Zone A/B: Tina						

