Group Fitness Schedule September 2016

What's New?

HAPPY LABOR DAY

LABOR DAY MASTER CLASS
8:30 Monday 9/5
45 min Cardio Intervals & 45 min BODYPUMP
With Abbie
No other classes that day.

New Class!
STEP & TONE
With Sharon
9:15 Mondays

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:05 AM		**CYCLE** *Alicia* **BOOTCAMP** *Janna* *5 No classes*	**BODYPUMP** *Alicia*	**BOOTCAMP** *Janna*	**BODYPUMP** *Alicia*	**BOOTCAMP** *Janna*	
8:15 AM		**ZUMBA** *Jamila* **CYCLE** *Lisa* *19 Jennie* *5 No classes*	**STEP** *Kelley* **SILVER SNEAKERS®** **CARDIO FIT (AAC)** *Ashley* *6 Heather (Cecilia)*	**CORE & MORE** *Janna* *21 Kevin* **CYCLE** *Donna* *14 Lisa*	**BODYPUMP** *Donna* *15 Robin* **SILVER SNEAKERS®** **CIRCUIT (AAC)** *Cecilia* *(Tammy)*	**20/20/20** *Sharon* **CYCLE** *Heather* **8:00 BOOM! (AAC)** *Ashley* *2 Barbara*	**8:15 AM CARDIO** *3* **ZUMBA** *JD* *10* **STEP** *Kelley* *17* **BOOTCAMP** *Janna* *24* **CARDIO INTERVALS** *Melanie* **9:15 AM BODYPUMP** *Anna* *3 Abbie*
9:15 AM		**9:00 AQUA** *Cecilia* **9:00 GENTLE YOGA (AAC)** *Barbara* *5 No classes* **STEP & TONE** *Sharon*	**9:00 AQUA** *Melinda* **BODYPUMP** *Robin* **SILVER SNEAKERS® CLASSIC (AAC)** *Cecilia (Cassandra)*	**9:00 AQUA** *Lisa* *21 Melinda* **YOGA** *Kevin*	**9:00 AQUA** *Kevin* **SILVER SNEAKERS® CLASSIC (AAC)** *Tammy* *(Cecilia))* **ZUMBA GOLD** *Donna* *15* **GOLD DANCE** *Ashley*	**9:00 AQUA** *Cecilia* **ZUMBA** *Ashley* *2 Donna* **9:00 YIN/GENTLE YOGA (AAC)** *Cassandra*	
10:15 AM		**P45** *Robin* **11:00 45 min LOW IMPACT** *Robin* *5 No classes*	**10:15 BASIC TAI CHI (AAC)** *Jesse* **10:30 ZUMBA GOLD** *Donna* *13 Robin*	**BARBELL FITNESS** *Abbie* **11:00 LOW IMPACT** *Abbie*	**10:30 TAI CHI** *Jesse*	**BARBELL FITNESS** *Abbie* **11:00 LOW IMPACT** *Abbie* **HEALTHY BACKS** *Abbie*	
11:30 AM			**JUST STRETCH** *Cassandra* *6 Kevin*	**HEALTHY BACKS** *Lisa* *21 Abbie*	**JUST STRETCH** *Cassandra*		**FREE TOT WATCH** **Monday - Friday** **8 am – Noon** **4 pm – 8 pm** **Saturday** **8 – 12 pm** **Sunday** **1 – 5 pm**
1:00 PM	**1:30 YOGA** *Kevin*	**SILVER SNEAKERS® CIRCUIT (AAC)** *Barbara* *(Cassandra, 19 Tammy)* *5 No class*		**SILVER SNEAKERS® CLASSIC (AAC)** *Barbara* *7 Kevin* *(Cassandra,14Tammy)*			
2:00 PM	**2:30-3:30 TONE AND TIGHTEN** *Anna* *4 Abbie*	**SILVER SNEAKERS® CHAIR YOGA (AAC)** *Barbara* *(Cassandra, 19 Tammy)* *5 No class*		**SILVER SNEAKERS® CHAIR YOGA (AAC)** *Barbara* *7 Kevin* *(Cassandra, 14 Tammy)*			
4:30 PM		**BODYPUMP** *Anna* **CYCLE** *Melanie* *5 No classes*	**STEP** *Ashley* *6* **CARDIO INTERVALS** *Traci*	**HARDBODY** *Traci*	**20/20/20** *Melanie*		
5:35 PM		**H.I.I.T** *Traci* *5 No class*	**BODYPUMP** *Traci* **CYCLE** *Melanie*	**ZUMBA** *Tricia* **CYCLE** *Anna*	**BODYPUMP** *Abbie*		
6:40 PM		**ZUMBA** *Jamila* *5 No class*	**SLOW FLOW YOGA** *Kathy*	**MUSCLE MOTIVATION** *Miranda*	**ZUMBA** *Ashley* *1 JD*		