

FALL 2018 GROUP EXERCISE SCHEDULE

MONDAY	M	5:45-6:45am	Rise and Shine Ride	Jerry L.	Cycling Studio
	M	8:30-9:15am	Barre H2O	Terren W.	Lap Pool
	M	9:00-10:00am	Kickboxing	Sarah D.	Group X Floor
	M	9:00-10:15am	Vinyasa Flow	Joanna H.	OM Studio
	M	9:15-10:00am	SilverSneakers® Classic	Anne S.	Barre Studio*
	M	9:15-10:15am	Reformer 1 +	Terren W.	Reformer Studio
	M	9:30-10:30am	Studio Ride	D'Ann B.	Cycling Studio
	M	10:15-11:00am	Zumba Gold	Terren W.	Group X Floor
	M	10:15-11:15am	Barre	Becca D.	Barre Studio*
	M	11:00-11:45am	Water Tune Up	Terren W.	Warm Water Pool
	M	11:15-12:30pm	Slow Vinyasa Flow	Erica S.	OM Studio
	M	12:00-1:00pm	SilverSneakers® Circuit	Terren W.	Group X Floor
	M	12:00-1:00pm	Cross Fire Ride	D'Ann B.	Cycling Studio
	M	1:00-2:00pm	SilverSneakers® Splash	Terren W.	Lap Pool
	M	1:00-2:00pm	Aqua Qi	Dan W.	Warm Water Pool
	M	2:00-3:00pm	Qi Gong	Dan W.	OM Studio
	M	3:00-4:00pm	Tai Chi	Dan W.	OM Studio
M	4:30-5:45pm	Restorative Yoga	Mary S.	OM Studio	
M	5:30-6:30pm	Ignite	Anne W.	Group X Floor	
M	5:30-6:30pm	Reformer I +	Terren W.	Reformer Studio	
M	7:00-8:00pm	Water in Motion	Ann V.	Lap Pool	
M	6:30-7:30pm	Zumba	Terren W.	Group X Floor	
M	6:30-7:30pm	Studio Ride	Sherry C.	Cycling Studio	
M	7:30-8:30pm	Reformer II +	Terren W.	Reformer Studio	
TUESDAY	T	5:30-6:30am	Firestarter	Jerry G.	Group X Floor
	T	6:00-7:00am	Power Vinyasa	Erica S.	OM Studio
	T	7:00-8:00am	Trilogy	Sara R.	Group X Floor
	T	7:45-9:00am	Gentle Yoga	Laureen S.	OM Studio
	T	9:15-10:15am	Sculpt	Sarah D.	Group X Floor
	T	9:30-10:30am	Weighted Ride	D'Ann B.	Cycling Studio
	T	9:30-10:30am	Yogalates	Jacqueline S.H.	OM Studio
	T	10:30-11:15am	Golden Body Blast	Lynn P.	Group X Floor
	T	10:45-11:45am	SilverSneakers® Yoga	Laureen S.	Lotus Studio
	T	11:30-12:00pm	TRX GOLD	Lynn P.	Group X Floor
	T	12:15-12:45pm	NEW! Spark BOSU®	Sara R.	Group X Floor
	T	1:00-2:00pm	Water Tune Up Plus	Gina R.	Warm Water Pool
	T	5:30-6:30pm	Speed and Agility (Y)	Martin S.	Personal Training Room
	T	5:30-6:30pm	Ashtanga Vinyasa	Marcia L.	OM Studio
	T	5:30-6:30pm	Happy Hour HIIT	Vanessa N.	Group X Floor
	T	5:45-6:45pm	Mat Pilates	Diane R.	Barre Studio*
	T	6:30-7:30pm	Reformer 1 +	Ann V.	Reformer Studio
T	6:30-7:30pm	WERQ™	Holly B.	Group X Floor	
WEDNESDAY	W	5:30-6:30am	Vinyasa Flow	Maria G.	OM Studio
	W	9:00-10:00am	Sculpt	Judy C.	Group X Floor
	W	9:00-10:00am	SilverSneakers® Yoga	Carson H.	Lotus Studio
	W	9:00-10:15am	Vinyasa Flow	Joanna H.	OM Studio
	W	9:15-10:00am	Silver Sneakers® Classic	Anne S.	Barre Studio*
	W	9:30-10:30am	Waves	Sue S.	Lap Pool
	W	9:30-10:30am	Studio Ride	Jacqueline S.H.	Cycling Studio
	W	10:00-10:30am	Ripped	Judy C.	Group X Floor
	W	10:30-11:15am	Golden Body Blast	Lynn P.	Group X Floor
	W	11:30-12:00pm	TRX GOLD	Lynn P.	Group X Floor
	W	10:30-11:45am	Gentle Yoga	Carson H.	OM Studio
	W	11:00-11:45am	Water Tune Up	Sue S.	Warm Water Pool
	W	12:00-1:00pm	Tai Chi	Dan W.	OM Studio
	W	12:00-1:00pm	Hydro-Pilates	Cindy E.	Warm Water Pool
	W	12:15-12:45pm	NEW! Spark TRX®	Anne W.	Group X Floor
	W	12:15-1:00pm	Precision Ride	D'Ann B.	Cycling Studio
	W	1:00-2:00pm	Aqua Qi	Dan W.	Warm Water Pool
W	1:00-2:00pm	SilverSneakers® Splash	Sue S.	Lap Pool	
W	4:30-5:30pm	Zumba Kids (Y)	Terren W.	OM Studio	
W	5:30-6:30pm	Reformer I +	Terren W.	Reformer Studio	
W	5:30-6:30pm	Inferno	Natalie B.	Group X Floor	
W	6:30-7:30pm	Studio Ride	Sherry C.	Cycling Studio	
W	6:30-7:30pm	Zumba®	Amanda Y.	Group X Floor	
W	7:30-8:30pm	Waves	Terren W.	Warm Water Pool	

THURSDAY	TH	5:30-6:30am	Firestarter	Jerry G.	Group X Floor
	TH	6:00-7:00am	Power Vinyasa	Erica S.	OM Studio
	TH	7:00-8:00am	Trilogy	Sara R.	Group X Floor
	TH	7:45-9:00am	Restorative Yoga	Laureen S.	OM Studio
	TH	9:00-10:00am	Power Step	Diane R.	Group X Floor
	TH	9:30-10:30am	PiYo®	Sarah D.	OM Studio
	TH	9:30-10:30am	Cross Fire Ride	D'Ann B.	Cycling Studio
	TH	9:30-10:30am	Mat Pilates	Sarah S.	Barre Studio*
	TH	10:45-11:45am	Silver Sneakers® Circuit	Sarah D.	Group Ex Floor
	TH	12:15-12:45pm	NEW! Spark Kettlebell	Vanessa N.	Group X Floor
	TH	1:00-2:00pm	Water Tune Up Plus	Amanda B.	Warm Water Pool
	TH	4:30-5:30pm	Reformer 1 +	Terren W.	Reformer Studio
	TH	5:30-6:30pm	WERQ™	Shana A.	Group X Floor
	TH	5:30-6:30pm	Ashtanga Vinyasa	Marcia L.	OM Studio
FRIDAY	TH	5:45-6:30pm	Barre	Terren W.	Barre Studio*
	TH	5:45-6:45pm	NEW! Limitless	Gina R.	ReStore Studio
	TH	5:30-6:30pm	Youth Active Training (Y)	Martin S.	Personal Training Studio
	TH	6:30-7:30pm	NEW! Power Pilates	Sarah S.	Group X Floor
	TH	6:30-7:30pm	Studio Ride	Nick J.	Cycling Studio
	TH	6:30-7:30pm	Reformer II +	Terren W.	Reformer Studio
	F	5:45-6:45am	TGIF Ride	Jerry L.	Cycling Studio
	F	8:00-9:00am	Qi Gong	Dan W.	OM Studio
	F	9:00-10:00am	Tai Chi	Dan W.	OM Studio
	F	9:15-10:00am	Trilogy	Sara R.	Group X Floor
	F	9:15-10:15am	NEW! Power Pilates	Sarah S.	Barre Studio*
	F	9:15-10:15am	Reformer I +	Terren W.	Reformer Studio
	F	9:30-10:30am	Waves	Sue S.	Lap Pool
	F	9:30-10:30am	NEW! CyclePower	Anne W.	Cycling Studio
SATURDAY	F	10:00-11:00am	Silver Sneakers® Classic	Anne S.	OM Studio
	F	10:15-11:00am	Zumba Gold	Terren W.	Group X Floor
	F	11:00-11:45am	Water Tune Up	Sue S.	Warm Water Pool
	F	11:00-12:00pm	Zumba	Terren W.	Group X Floor
	F	11:15-12:30pm	Slow Vinyasa Flow	Maria G.	OM Studio
	F	12:00-1:00pm	Silver Sneakers® Circuit	Anne S.	Group X Floor
	F	12:00-1:00pm	Hydro-Pilates	Terren W.	Warm Water Pool
	F	12:00-1:00pm	NEW! CyclePower	Anne W.	Cycling Studio
	F	1:00-2:00pm	Silver Sneakers® Splash	Anne S.	Lap Pool
	SAT	7:00-8:00am	Weekend Warrior	Sara R.	Group X Floor
	SAT	7:30-8:45am	Power Vinyasa	Joanna H.	OM Studio
	SAT	8:00-9:00am	Reformer II +	Terren W.	Reformer Studio
	SAT	8:00-9:00am	Trilogy	Sara R.	Group X Floor
	SAT	8:30-9:30am	Studio Ride	Sherry C.	Cycling Studio
SAT	9:00-10:00am	Qi Gong	Dan W.	OM Studio	
SAT	9:00-10:00am	Barre	Terren W.	Barre Studio*	
SAT	9:30-10:30am	Zumba®	Cindy E.	Group X Floor	
SAT	9:30-10:00am	Essentials Ride*	Sherry C.	Cycling Studio	
SAT	10:00-11:00am	Tai Chi	Dan W.	OM Studio	
SAT	10:00-11:00am	Reformer I +	Terren W.	Reformer Studio	
SAT	10:45-11:45am	Youth Active Training (Y)	Martin S.	Personal Training Studio	
SAT	10:45-11:45am	Inferno	Anne W.	Group X Floor	
SAT	11:00-12:00pm	Waves	Terren W.	Lap Pool	
SAT	11:00-11:30am	Tai Chi Ball	Dan W.	OM Studio	
SAT	11:30-12:30pm	Aqua Qi	Dan W.	Warm Water Pool	
SAT	12:00-1:00pm	WERQ™	Shana A.	Group X Floor	
SUNDAY	SUN	8:00-9:00am	Weekend Warrior	Sara R.	Group X Floor
	SUN	8:30-9:30am	NEW! CyclePower	Anne W.	Cycling Studio
	SUN	10:00-11:15am	Hatha Yoga	Mary S.	OM Studio
	SUN	3:30-4:30pm	Reformer 1 +	Terren W.	Reformer Studio
	SUN	4:30-5:30pm	Reformer II +	Terren W.	Reformer Studio
	SUN	5:30-6:30pm	Zumba®	Terren W.	Group X Floor
	SUN	6:30-7:30pm	NEW! SHiNE®	Cindy E.	Group X Floor
	SUN	6:30-7:30pm	Aqua Zumba	Terren W.	Lap Pool
SUN	7:00-8:15pm	Ashtanga Vinyasa	Wendy K.	OM Studio	

11/5/2018

- Class schedule is subject to change.
- Essentials ride occurs the 2nd Saturday of every month
- Group X Floor is reserved for Pickleball Open Play MWF 1:00-3:00pm
- Members 12 years or older welcome.
- Plus and Reformer classes require additional fee (+)
- Classes held in the Barre studio have a max of 15 participants (*).
- Youth classes are denoted with a (Y).

