

FALL 2019 GROUP EXERCISE SCHEDULE

MONDAY	M	5:45-6:45am	Rise and Shine Ride	Jerry L.	Cycling Studio	
	M	8:15-9:00am	Barre H2O	Terren W.	Lap Pool	
	M	9:00-9:45am	SilverSneakers® Classic	Diane R.	Barre Studio*	
	M	9:00-10:00am	Kickboxing	Sarah D.	Group X Floor	
	M	9:00-10:15am	Vinyasa Flow	Joanna H.	OM Studio	
	M	9:15-10:15am	Reformer 1 +	Terren W.	Reformer Studio	
	M	9:30-10:30am	Studio Ride	Jacqueline S.H.	Cycling Studio	
	M	10:30-11:15am	Zumba® Gold	Terren W.	Group X Floor	
	M	10:30-11:30am	Barre	Becca D.	Barre Studio*	
	M	11:15-12:30pm	Slow Vinyasa Flow	Erica S.	OM Studio	
	M	11:30-12:15pm	Water Tune Up	Terren W.	Warm Water Pool	
	M	11:30-12:15pm	Silver Seniors	Lynn P.	Group X Floor	
	M	12:15-12:45pm	TRX® Gold	Lynn P.	Group X Floor	
	M	12:00-1:00pm	Infinite Ride	Anne W.	Cycling Studio	
	M	1:00-2:00pm	SilverSneakers® Splash	Terren W.	Lap Pool	
	M	2:00-3:00pm	Qi Gong	Dan W.	OM Studio	
	M	3:00-4:00pm	Tai Chi	Dan W.	OM Studio	
	TUESDAY	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		6:30-7:30pm	Studio Ride	Sherry C.	Cycling Studio	
M		6:40-7:20pm	Zumba	Terren W.	Group X Floor	
M		7:00-8:00pm	Water In Motion	Ann V.	Lap Pool	
M		7:30-8:30pm	Reformer II +	Terren W.	Reformer Studio	
T		5:30-6:30am	Firestarter	Sara R.	Group X Floor	
T		6:00-7:00am	Power Vinyasa	Joanna H.	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		9:15-10:00am	Balance It Out	Anne S.	Barre Studio*	
T		9:15-10:15am	Sculpt	Sarah D.	Group X Floor	
T		9:30-10:30am	30/30: CycleSculpt	Jennifer M.	Cycling Studio & PT Room	
T		9:30-10:30am	Yogalates	Jacqueline S.H.	OM Studio	
T		10:45-11:45am	SilverSneakers® Yoga	Laureen S.	Lotus Studio	
T		12:15-12:45pm	Spark	Sara R.	Group X Floor	
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	
WEDNESDAY		T	5:30-6:30pm	Happy Hour HIIT	Vanessa N.	Group X Floor
	T	5:45-6:45pm	PiYo®	Venice W.	Barre Studio*	
	T	6:30-7:30pm	WERQ™	Holly B.	Group X Floor	
	W	5:30-6:30am	Gentle Yoga	Maria G.	OM Studio	
	W	9:00-9:45am	Silver Sneakers® Classic	Anne S.	Barre 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	9:30-10:30am	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	Silver Seniors	Lynn P.	Group X Floor	
	W	10:30-11:45am	Gentle Yoga	Carson H.	OM Studio	
	W	11:00-12:00pm	Water Tune Up	Sue S.	Warm Water Pool	
	W	11:30-12:00pm	TRX® Gold	Lynn P.	Group X Floor	
	W	12:00-1:00pm	Tai Chi	Dan W.	OM Studio	
	W	12:15-1:15pm	Hydro-Pilates	Cindy E.	Warm Water Pool	
	W	12:15-12:45pm	Spark	Anne W.	Group X Floor	
	W	12:30-1:30pm	SilverSneakers® Splash	Sue S.	Lap Pool	
	W	5:30-6:30pm	Reformer I +	Terren W.	Reformer Studio	
W	5:30-6:30pm	Inferno	Katie P.	Group X Floor		
W	6:30-7:30pm	Metabolic Meltdown	Katie P.	Personal Training Room		
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	Hydro-Pilates	Terren W.	Warm Water Pool		

THURSDAY	TH	5:30-6:30am	Firestarter	Sara R.	Group X Floor
	TH	6:00-7:00am	Power Vinyasa	Joanna H.	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	30/30: CycleSculpt	Jennifer M.	Cycling Studio + PT Studio
	TH	9:30-10:30am	Mat Pilates	Katie P.	Barre Studio*
	TH	10:45-11:45am	Silver Sneakers® Circuit	Sarah D.	Group Ex Floor
	TH	12:15-12:45pm	Spark	Vanessa N./Anne W.	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	HIIT Renew	Katie P.	Group X Floor
	FRIDAY	TH	5:30-6:30pm	Ashtanga Vinyasa	Marcia L.
TH		5:30-6:30pm	Youth Active Training (Y)	Martin S.	Personal Training Studio
TH		5:45-6:30pm	Barre	Terren W.	Barre Studio*
TH		6:30-7:30pm	WERQ™	Shana A.	Group X Floor
TH		6:30-7:30pm	Studio Ride	Nick J.	Cycling Studio
TH		6:40-7:40pm	Reformer II +	Terren W.	Reformer Studio
TH		6:45-7:45pm	NEW! Muse Meditation	Joanna H./Laureen S.	OM 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		9:30-10:20am	Breathless +	Terren W.	Reformer Studio
F		9:30-10:30am	Barre	Katie P.	Barre Studio*
F		9:30-10:30am	Waves	Sue S.	Lap Pool
F	9:30-10:30am	Infinite Ride	Anne W.	Cycling Studio	
F	10:00-11:00am	SilverSneakers® Classic	Anne S.	OM Studio	
F	10:30-11:15am	Zumba® Gold	Terren W.	Group X Floor	
F	11:00-12:00pm	Water Tune Up	Sue S.	Warm Water Pool	
F	11:15-12:00pm	Zumba®	Terren W.	Group X Floor	
F	11:15-12:30pm	Slow Vinyasa Flow	Maria G.	OM Studio	
F	12:00-1:00pm	SilverSneakers® Circuit	Anne S.	Group X Floor	
F	12:15-1:15pm	Hydro-Pilates	Terren W.	Warm Water Pool	
F	1:00-2:00pm	SilverSneakers® Splash	Anne S.	Lap Pool	
SATURDAY	SAT	7:00-8:00am	Weekend Warrior	Sara R.	Group X Floor
	SAT	7:10-8:00am	Breathless +	Terren W.	Reformer Studio
	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	9:15-10:00am	Barre	Terren W.	Barre Studio*
	SAT	9:30-10:30am	Zumba®	Cindy E.	Group X Floor
	SAT	10:00-11:00am	Tai Chi	Dan W.	OM Studio
	SAT	10:15-11:15am	Reformer I +	Terren W.	Reformer Studio
	SAT	10:45-11:45am	Inferno	Anne W.	Group X Floor
	SAT	11:00-11:30am	Tai Chi Ball	Dan W.	OM Studio
	SAT	11:30-12:30pm	Waves	Terren W.	Lap Pool
SUNDAY	SAT	12:00-1:00pm	WERQ™	Shana A.	Group X Floor
	SUN	8:00-9:00am	Weekend Warrior	Sara R.	Group X Floor
	SUN	9:00-10:00am	Infinite Ride	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	5:45-6:45pm	Zumba®	Terren W.	Group X Floor
SUN	7:00-8:15pm	Ashtanga Vinyasa	Wendy K.	OM Studio	

9/3/2019

- Class schedule is subject to change.
- Group X Floor is reserved for Pickleball Open Play MWF 1:15-3:15pm & T 1:00-3:00pm for Learn-to-Play Pickleball
- Members 12 years or older welcome.
- Reformer classes require additional fee (+)
- Classes held in the Barre studio have a max of 15 participants (*).