

# FALL 2023 GROUP EXERCISE SCHEDULE

MONDAY	M	5:45-6:45am	Rise and Shine Ride	Jerry L./Russ N.	Cycling Studio
	M	8:00-8:45am	Strong Start	Renee C.	Group X Floor
	M	7:45-8:45am	Mat Pilates Challenge	Lisa E.	OM Studio
	M	9:00-10:30am	Vinyasa Flow	Joanna H.	OM Studio
	M	9:15-10:15am	Step It Up!	Renee C.	Group X Floor
	M	10:30-11:15am	Silver Seniors	Val N.	Group X Floor
	M	11:15-11:45am	TRX Gold+	Val N.	Group X Floor
	M	12:00-12:45pm	Hydro-Pilates	Lisa E.	Warm Water Pool
	M	4:30-5:45pm	Restorative Yoga	Melissa H.	OM Studio
	M	5:30-6:30pm	MRT: Muscle-Maker HIIT	Val N.	Group X Floor
TUESDAY	M	6:30-7:30pm	POP Pilates®	Lisa E.	OM Studio
	M	6:30-7:30pm	Studio Ride	Sherry C.	Cycling Studio
	M	6:45-7:45pm	Zumba®	Amanda Y.	Group X Floor
	T	5:30-6:30am	Firestarter	Sara R.	Group X Floor
	T	6:00-7:00am	Sunrise Power Vinyasa	Sandy B.	OM Studio*
	T	7:00-8:00am	Trilogy	Sara R.	Group X Floor
	T	7:30-8:45am	Gentle Yoga	Melissa H.	OM Studio
	T	8:00-9:00am	Reformer (\$)	Lisa E.	Reformer Studio
	T	9:00-9:45am	Aqua Combo	Margo S.	Lap Pool
	T	9:15-10:00am	Balance It Out!	Sara R.	OM Studio
	T	9:15-10:15am	Sculpt	Sarah D.	Group X Floor
	T	9:00-10:30am	60/30 CycleSculpt	Jennifer M./D'Ann B.	Cycling & OM Studio
	T	10:30-11:30am	SilverSneakers® Circuit	Sarah D.	Group X Floor
	T	11:30-12:15pm	Zumba® Gold	Cookie B	Group X Floor
	T	12:15-1:00pm	Aqua Barre	Lisa E.	Warm Water Pool
	T	5:30-6:30pm	Chisel	Erin C.	Group X Floor
	T	5:45-6:45pm	Ashtanga Vinyasa	Wendy K	OM Studio
	T	6:00-7:00pm	Reformer (\$)	Lisa E.	Reformer Studio
	T	6:45-7:45pm	WERQ™	Holly B.	Group X Floor
	WEDNESDAY	W	5:30-6:30am	Gentle Yoga	Maria G.
W		9:00-10:00am	Sculpt & Ripped	Pepin H.	Group X Floor
W		9:00-10:30am	Vinyasa Flow	Joanna H.	OM Studio
W		9:30-10:30am	Waves	Sue S.	Lap Pool
W		10:00-10:30am	<b>NEW!</b> G.A.S. Up ( <i>Glutes, Abs, Stretch</i> )	Pepin H.	Group X Floor
W		10:45-11:30am	Silver Seniors	Pepin H.	Group X Floor
W		11:00-12:00pm	Water Tune Up	Sue S.	Warm Water Pool
W		11:30-12:00pm	TRX Gold+	Pepin H.	Group X Floor
W		11:45-12:45pm	Chair Yoga	Kristin B.	OM Studio
W		5:45-6:30pm	MRT HIIT	Val N.	Group X Floor
W		5:45-6:30pm	Youth HIIT	D'Ann B.	Personal Training Studio
W		6:00-7:00pm	Studio Ride	Bill D.	Cycling Studio
THURSDAY		TH	5:30-6:30am	Firestarter	Sara R.
	TH	6:00-7:00am	Sunrise Power Vinyasa	Sandy B.	OM Studio
	TH	7:00-8:00am	Trilogy	Sara R.	Group X Floor
	TH	7:30-8:45am	Gentle Yoga	Melissa H.	OM Studio
	TH	9:00-9:45am	Aqua Combo	Janice P.	Lap Pool
	TH	9:00-9:50am	Kickboxing	Sarah D.	Group X Floor
	TH	9:30-10:30am	30/30: CycleSculpt	Jennifer M./D'Ann B.	Cycling Studio & GX Floor
	TH	10:00-11:00am	PiYo®	Sarah D.	OM Studio
	TH	10:45-11:30am	Low-Impact Line Dancing	Renee C.	Group X Floor
	TH	11:00-12:00pm	Reformer (\$)	Lisa E.	Reformer Studio
	TH	11:30-12:00pm	Core On The Chair	Renee C.	Group X Floor
	TH	12:00-1:00pm	Mat Pilates Challenge	Lisa E.	OM Studio
	TH	5:30-6:30pm	Chisel	Jill H.	Group X Floor
	TH	5:45-6:45pm	Ashtanga Vinyasa	Wendy K	OM Studio
	TH	6:00-7:00pm	Reformer (\$) ( <i>through 11/30</i> )	Ann V.	Reformer Studio
	TH	6:15-7:15pm	TGIS ( <i>with Trivia</i> )	Nick J.	Cycling Studio
	TH	6:45-7:45pm	WERQ™	Shana A.	Group X Floor
	FRIDAY	F	5:45-6:45am	TGIF Ride	Jerry L./Russ N.
F		7:45-8:45am	Pilates Mat Challenge	Lisa E.	OM Studio
F		8:15-9:00am	<b>NEW!</b> Silver Seniors TGIF	Sara R.	Group X Floor
F		9:15-10:10am	Trilogy	Sara R.	Group X Floor
F		9:30-10:30am	Waves	Sue S.	Lap Pool
F		10:15-11:00am	Start Strong	Renee C.	OM Studio
F		10:15-11:00am	Zumba® Gold	Cookie B.	Group X Floor
F		11:00-12:00pm	Water Tune Up	Sue S.	Warm Water Pool
F	11:00-12:00pm	Zumba® & Dance Combo	Sue J.	Group X Floor	

	F	11:30-12:45pm	Slow Vinyasa Flow	Maria G.	OM Studio
	F	12:00-1:00pm	Reformer (\$)	Lisa E.	Reformer Studio
	F	1:00-2:00pm	Chair Yoga	Kristin B.	OM Studio
SATURDAY	SAT	7:00-8:00am	Weekend Warrior	Sara R.	Group X Floor
	SAT	7:30-8:45am	Power Vinyasa	Joanna H.	OM Studio
	SAT	8:15-9:00am	Trilogy	Sara R.	Group X Floor
	SAT	9:00-10:00am	Zumba®	Cindy E.	Group X Floor
	SAT	9:15-10:15am	Reformer (\$)	Lisa E.	Reformer Studio
	SAT	10:00-11:30am	Qi Qong & Tai Chi Combo	Dan W.	OM Studio
	SAT	10:45-11:45am	WERQ™	Shana A.	Group X Floor
SUNDAY	SAT	11:30-12:30pm	Aqua Combo	Amanda K.	Lap Pool
	SUN	8:00-9:00am	Weekend Warrior	Sara R.	Group X Floor
	SUN	9:00-10:00am	Infinite Ride	Russ N.	Cycling Studio
	SUN	10:00-11:00am	Reformer (\$)	Lisa E.	Reformer Studio
	SUN	10:00-11:15am	Hatha Yoga	Veronica N.	OM Studio
	SUN	3:30-4:30pm	WERQ™	Sara M.	Group X Floor
	SUN	4:45-5:45pm	Zumba® & Dance Combo	Sue J.	Group X Floor
SUN	6:00-6:45pm	Low-Impact Line Dancing	Renee C.	Group X Floor	

10/26/2023

- o Class schedule is subject to change.
- o Members 12 years or older welcome.
- o Classes denoted with a (\$) are an additional cost and not included in membership.
- o \*Classes held outside, weather-permitting.\*
- o +Class has a max of 10 participants, on a first-come, first-serve basis.+
- o Group X Floor is reserved for Pickleball Open Play Monday-Friday from 12:15-3:15pm.

