

GROUP FITNESS

CLASS SCHEDULE

MONDAY

5:15 A.M.

Advanced
Fitness Training **1**
w/ Lane

5:30 A.M.

Hot Power Yoga **2**
w/ Amanda

9:00 A.M.

• Spin (**Spin Room**)
w/ Lane

• Strength Circuit **1**
w/ Nancy

• Senior Yoga Stretch **4**
w/ Barbara

9:30 A.M.

Water Aerobics 
w/ Kara

10:00 A.M.

Yoga **2**
w/ Leslie

10:30 A.M.

Senior Yoga Stretch **4**
w/ Barbara

11:30 A.M.

Senior Bootcamp **4**
w/ Kara

1:00 P.M.

Shuffle **1**
w/ Nancy

4:30 P.M.

Cardio Beat **1**
w/ Leslie

5:30 P.M.

• Spin (**Spin Room**)
w/ Kelly

• Gentle Flow Yoga **2**
w/ Julie

• Strength Circuit **1**
w/ Hannah

TUESDAY

8:30 A.M.

• Bootcamp **1**
w/ Fariss

• Silver Strength **4**
w/ Janson

9:30 A.M.

Aqua Jam 
w/ Nancy

10:00 A.M.

Restorative Yoga **2**
w/ Alisa

10:30 A.M.

Cardio Circuit **4**
w/ Barbara

1:00 P.M.

Senior Bootcamp **4**
w/ Kara

4:30 P.M.

Zumba **1**
w/ Nancy

5:30 P.M.

Mat Pilates **2**
w/ Alisa

5:45 P.M.

Bootcamp **1**
w/ Fariss

WEDNESDAY

5:15 A.M.

Advanced
Fitness Training **1**
w/ Lane

9:00 A.M.

• Zumba **1**
w/ Nancy

• Spin (**Spin Room**)
w/ Lane

9:30 A.M.

Water Aerobics 
w/ Kara

10:30 A.M.

Senior Yoga Stretch **4**
w/ Barbara

11:30 A.M.

Buns & Guns **1**
w/ Janson

1:00 P.M.

Shuffle **1**
w/ Leslie

4:30 P.M.

Barre **1**
w/ Fariss

5:30 P.M.

Boxing **3**
w/ Hannah

THURSDAY

5:30 A.M.

Spin (**Spin Room**)
w/ Lane

8:30 A.M.

• Bootcamp **1**
w/ Fariss

• Silver Strength **4**
w/ Janson

9:30 A.M.

Mixed Aqua 
w/ Melanie

10:00 A.M.

Gentle Flow Yoga **2**
w/ Alisa

10:30 A.M.

Cardio Circuit **4**
w/ Barbara

1:00 P.M.

Senior Bootcamp **4**
w/ Kara

4:30 P.M.

Mat Pilates **1**
w/ Alisa

5:30 P.M.

• HIIT w/ Weights **1**
w/ Hannah

• Hot Power Yoga **2**
w/ Julie

FRIDAY

5:15 A.M.

Advanced
Fitness Training **1**
w/ Lane

9:00 A.M.

• Spin (**Spin Room**)
w/ Fariss

• Zumba **1**
w/ Nancy

• Senior Yoga Stretch **4**
w/ Barbara

9:30 A.M.

Water Aerobics 

10:00 A.M.

Restorative Yoga **2**
w/ Alisa

10:30 A.M.

Mixedfit / Ab Lab **1**
w/ Barbara

SATURDAY

8:30 A.M.

Hot Power Yoga **2**
Teacher Rotation

10:00 A.M.

Zumba **1**
w/ Nancy

SUNDAY

3:00 P.M.

Restorative Yoga **2**
Teacher Rotation

1 - Group Ex. 2

2 - Yoga Studio

3 - Boxing Area

4 - Conference Rooms

 **Lap Pool Closed for Class**