

# GROUP EXERCISE



## MONDAY

TIME	CLASS	LOCATION	INSTRUCTOR	TIME	CLASS	LOCATION	INSTRUCTOR
5:30 - 6:30	Heated Flow Yoga	Yoga Studio	Amanda	1:00 - 1:50	Shuffle	Group Ex. 2	Nancy
6:00 - 6:45	Total Body TurnUp	Group Ex. 2	Jemar	4:30 - 5:20	Bootcamp	Group Ex.2	Evan
<b>NEW!</b> 8:30 - 9:20	Body Sculpt	Group Ex. 2	Nancy	<b>NEW!</b> 4:30 - 5:15	Move.Breathe.Meditate	Yoga Studio	Leslie
9:00 - 9:50	Studio Spin	Spin Studio	Paul	5:30 - 6:20	Zumba	Group Ex. 2	Nancy
9:30 - 10:20	Zumba	Group Ex. 2	Nancy	5:30 - 6:20	Studio Spin	Spin Studio	Kelly
10:00 - 11:00	Restorative Yoga	Yoga Studio	Alisa	<b>NEW!</b> 5:30 - 6:30	Hatha Yoga Asana	Yoga Studio	Jonathan Steinberg
11:00 - 11:45	Drum Beats	Group Ex. 2	Carol				

## TUESDAY

TIME	CLASS	LOCATION	INSTRUCTOR	TIME	CLASS	LOCATION	INSTRUCTOR
5:30 - 6:15	Studio Spin	Spin Studio	Kelly	11:30 - 12:20	SilverSneakers Circuit	Group Ex. 2	Barbara
6:00 - 6:30	Kross Training	Group Ex. 2	Kara	<b>NEW!</b> 12:00 - 12:30	Kardio w/Kara	Group Ex. 2	Kara
8:30 - 9:00	Strength & Cardio HIIT	Group Ex. 2	Bonnie	1:00 - 1:50	Senior Bootcamp	Group Ex. 2	Kara
9:00 - 9:50	Studio Spin	Spin Studio	Emma	4:30 - 5:20	Buns N Guns	Group Ex. 2	MaryDawn
9:30 - 10:30	Gentle Flow Yoga	Yoga Studio	Leslie	5:30 - 6:30	Heated Power Yoga	Yoga Studio	Julie
9:30 - 10:30	Zumba	Group Ex. 2	Sarah	5:30 - 6:20	Studio Spin	Spin Studio	Nikki
10:30 - 11:20	SS Cardio Circuit	Group Ex. 2	Barbara	5:45 - 6:15	Strength & Cardio HIIT	Group Ex 2	Bonnie

## WEDNESDAY

TIME	CLASS	LOCATION	INSTRUCTOR	TIME	CLASS	LOCATION	INSTRUCTOR
5:30-6:30	Hot Flow Yoga	Yoga Studio	Liz	10:30 - 11:20	SilverSneakers Classic	Group Ex. 2	Barbara
6:00 - 6:45	Total Body TurnUp	Group Ex. 2	Jemar	1:00 - 1:50	Shuffle	Group Ex. 2	Nancy
<b>NEW!</b> 8:30 - 9:20	Body Sculpt	Group Ex. 2	Nancy	4:30 - 5:20	Bootcamp	Group Ex. 2	Evan
9:30 - 10:20	Yoga Barre	Yoga Studio	Alisa	5:30 - 6:00	Strength & Cardio HIIT	Group Ex 2	Bonnie
9:00 - 10:00	Studio Spin	Spin Studio	Farris	5:30 - 6:30	Yin Yoga	Yoga Studio	Alisa
9:30 - 10:20	SilverSneakers Yoga	Group Ex. 2	Barbara				

## THURSDAY

TIME	CLASS	LOCATION	INSTRUCTOR	TIME	CLASS	LOCATION	INSTRUCTOR
6:00 - 6:30	Kross Training	Group Ex. 2	Kara	11:30 - 12:20	SilverSneakers Circuit	Group Ex. 2	Barbara
8:30 - 9:00	Strength & Cardio HIIT	Group Ex. 2	Bonnie	1:00 - 1:50	Senior Bootcamp	Group Ex. 2	Kara
9:30 - 10:20	Zumba	Group Ex. 2	Isabel	4:30 - 5:20	Buns N Guns	Group Ex. 2	MaryDawn
9:30 - 10:30	Gentle Yoga	Yoga Studio	Leslie	<b>NEW!</b> 4:30 - 5:15	Move.Breathe.Meditate	Yoga Studio	Leslie
10:30 - 11:20	SS Cardio Circuit	Group Ex. 2	Barbara	5:30 - 6:25	Studio Spin	Group Ex. 1	Crystal
				5:30 - 6:20	High Gear	Group Ex. 2	Bonnie

## FRIDAY

TIME	CLASS	LOCATION	INSTRUCTOR	TIME	CLASS	LOCATION	INSTRUCTOR
6:00 - 6:45	Total Body TurnUp	Group Ex. 2	Jemar	11:00 - 11:50	SilverSneakers Circuit	Group Ex. 2	Barbara
8:30 - 9:20	Zumba	Group Ex. 2	Nancy	1:00 - 1:50	Shuffle	Group Ex. 2	Nancy
9:00 - 9:50	Studio Spin	Spin Studio	Lane	4:30 - 5:20	Bootcamp	Group Ex. 2	Evan
9:30 - 10:20	Barre	Group Ex.2	Nancy				
10:30 - 11:30	Restorative Yoga	Yoga Studio	Julie				
9:00 - 10:00	Senior Yoga Stretch	Yoga Studio	Barbara				

## SATURDAY

TIME	CLASS	LOCATION	INSTRUCTOR
8:30 - 9:30	Hot Flow Yoga	Yoga Studio	Bethany
9:30-10:20	Studio Spin	Spin Studio	Rotation
10:30-11:20	Zumba	Group Ex. 2	Nancy

## SUNDAY

TIME	CLASS	LOCATION	INSTRUCTOR
3:00-4:00	Slow Down Sunday Yoga "Take time for you!"	Yoga Studio	Leslie

Please visit our website at [www.stbernardswellness.com](http://www.stbernardswellness.com)