

FALL 2018

GROUP FITNESS

August 20th - December 21st, 2018*
 Students \$73 | Non-Students \$78



STUDIO A

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:15 - 6:00pm	Pound Dana	HIIT Lindsay	Pound Dana	Zumba Dana			
6:15 - 7:00pm		Massage & Stretch Lindsay					

STUDIO B

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:45 - 7:30am	Indoor Cycling Eric L.		Cycle Fusion Eric L.		Freestyle Fusion Eric L.		
11:15 - 12:00 pm						Yoga Flow Niki	
12:15 - 1:00pm	Interval Training Becky						
5:00 - 5:45pm		Power Yoga Will					
5:45 - 6:30pm	Indoor Cycling Eric M.		Cycle / Abs Eric M.	Ride N Glide Eric L. / Warin			
6:00 - 6:45pm		Gravity Group Eric L. / Warin					
7:45 - 8:30pm	Zumba Lindsay		Yin & Yang Yoga Niki				

STUDIO C

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
12:00 - 12:45pm	Dance Fitness Angelique	Lift Saidah		Core & More Saidah	Rumble Dana	Zumba Jackie Q.	
12:15 - 1:00pm			Bootcamp Becky				
4:15 - 5:00pm		Step Emma		Barre Pilates Emma			
5:00 - 5:45pm	Yoga Rachel			Traditional Yoga Vishnu			
5:30 - 6:00pm			Back To Abs Lindsay				
6:00 - 6:45pm	BEAST Warin		Zumba Lindsay				
7:00 - 7:45pm	Body Tone Angelique		Body Tone Angelique				

FITNESS FLOOR

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
12:15 - 1:00pm		TreadFit Becky		TreadFit Becky			

**Abbreviated schedule December 6-21. Instructors, class formats and class locations subject to change.
 No Classes on September 3, October 6-9, and November 21-25