

CLASS SCHEDULE

FALL SCHEDULE 2018

SPINNING

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9/17	9/18	9/19	9/20	9/21	9/22	9/23
9:30 – 10:15AM Spintensity Jeannie	9:30 – 10:30AM Gregg	6:00 – 6:45AM Jeannie	9:30 – 10:30AM Gregg	6:00 – 6:45AM Spintensity Jeannie		
7:00 – 8:00PM Nicole	5:00 – 5:45PM Spintensity Rhea	8:30 – 9:15AM Alison	6:30 – 7:30PM Spin & Sculpt TBA	8:30 – 9:15AM Spintensity Alison	Spinning 8:00 – 9:00AM TBA	Spinning 8:30 – 9:15AM TBA
		7:00 – 8:00PM Nicole				

GROUP EXERCISE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9/17	9/18	9/19	9/20	9/21	9/22	9/23
8:30 – 9:15AM H.I.I.T. Neda	7:15 – 8:00AM Tabata Louise	8:30 – 9:15AM Group TRX Class Louise (separate fee)	7:15 - 8:00AM Tabata Neda	8:30 – 9:15AM Pure Strength Babs	7:30 – 8:15AM Level II TRX (separate fee) Jeannie	8:30 – 9:30AM H.I.I.T. Neda
9:30 – 10:30AM Pure Strength Cathy	9:00 – 9:30AM ABSolution Alison	9:30 – 10:30AM Hi-Def Intervals Cathy	9:30 – 10:30AM Barre Lauren	9:30 – 10:30AM Hi-Def Intervals Neda	8:30 – 9:30AM Hi-Def Intervals TBA	9:30 – 10:00AM Cut to the Core TBA
10:45 – 11:45AM Yoga Flow Cathy D.	9:30 – 10:30AM Pilates Claire	10:45 – 12:00PM Yoga & Mindful Meditation Marylou	12:00 – 1:00PM Any Stage/Any Age Cathy	10:45 – 11:45AM Gentle Yoga Marylou	9:30 – 10:30AM Pure Strength TBA	10:00 – 10:30AM Bottoms Up TBA
12:00 – 1:00PM Any Stage/Any Age Cathy	6:30 - 7:15PM Fusion Fit Lori	5:00 – 5:45PM H.I.I.T. Neda	5:00 – 5:45PM Tabata Louise		10:45 – 11:30AM Intro to TRX Cathy (separate fee)	10:45 – 11:45AM Gentle Yoga Loretta
5:00 – 5:45PM Step & Sculpt Jane			7:00 – 7:30PM Cut to the Core TBA			
7:00 – 8:00PM Circuit Conditioning Joce		7:00 – 7:45PM Group TRX Class Cathy (separate fee)	7:30 – 8:45PM Eclectic Yoga 8 Week Series (separate fee) Linda			

All instructors are certified for your safety!
 Where no instructor is indicated, they are rotated weekly.
 Schedule and instructors are subject to change without notice.