

ONE TO ONE — FITNESS —

Group Exercise Schedule | Jan-Apr 2020

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00	CYCLE 45 Lara through Jan. 6 ----- Rebecca starts Jan. 13	Yoga Flow Elisabeth		Yoga Flow Elisabeth	CYCLE 45 Lara through Jan. 3 ----- Rebecca starts Jan. 10		
7:00			Small Group Training				
8:15						8:15-9:25 Yoga Flow Julia L CYCLE 60 Michael	
8:30	Qigong Steve		Qigong/Tai Chi Steve		Tai Chi Steve		
8:45		Breakfast Club Dave		Breakfast Club Mark			
9:00							Yoga Flow (75-min) Heather
9:30	Cardio Muscle Mark	Pilates Mat Anne	Pilates Mat Hope	Yoga Flow Cindy	Cardio Muscle Mark	Muscle Conditioning Michael	CYCLE 60 Alisha
10:30	Small Group Training					Zumba David	Pilates Fusion Hope
12:00	Muscle Conditioning Sarah	Barre Catherine	HIIT Becky	Yoga Flow Cindy	Muscle Conditioning Sarah		
4:30	HIIT Mark	Zumba Samantha	Pilates w/ Weights (45-min) Molly	Barre Catherine	Zumba Denita		(4 p.m) Yoga Flow Cindy
5:30	CYCLE 60 Kurt	Hips, Buns & Thighs (45-min) Kirk	Slow Flow Yoga Allison	STRONG Suzi	Yoga Flow through Jan. 10 Yoga Sculpt starting Jan. 17 w/ Hanna		Zumba Christine
6:00	HIIT Deneen	CYCLE 60 Deneen 6:15-6:45 HardCore Kirk	CYCLE 60 Deneen	CYCLE 45 Rebecca Starts Jan. 9			
6:30			Zumba Suzi	Yoga Flow Katie N			
7:00	Slow Flow Yoga Allison	Yoga Flow Katie D					
8:00		Zumba Christine					

Please Note:

- All classes are 55 minutes unless otherwise noted. The number after "cycle" indicates minutes.
- Arrive to class before the start and stay through the cool down.
- All classes are held in "Studio A" except cycle classes which are held in "Studio B"
- Schedule is subject to change.

