

One to One Fitness Center

Group Exercise Schedule | Summer 2021

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:15 8:30	8:30-9:15 a.m. Tai Chi (I/V) Steve		8:30-9:15 a.m. Qigong/Tai Chi (I/V) Steve		8:30-9:15 a.m. Qigong (I/V) Steve <i>*Studio B</i>	8:15-9:15 a.m. Cycle (I) Michael	
9:00						9-9:45 a.m. Yoga Flow (V) Katie N.	9-9:45 a.m. Power Yoga (V) Katie D. 9-10 a.m. Cycle (I) Rebecca
9:30	9:30-10:15 a.m. Pilates Mat (I/V) Elaine	9:30-10:15 a.m. Pilates Mat (V) Hope	9:30-10 a.m. HIIT (I/V) Melissa	9:30-10:15 a.m. Yoga Flow (I/V) Cindy	9:30-10:15 a.m. Pilates Mat (I/V) Molly	9:30-10:15 a.m. Muscle Cond (I/V) Michael	
10:00							10-10:45 a.m. Zumba (I) Christine
10:30			10:30-11 a.m. Chair Yoga (I/V) Cindy				
12:00	12-12:30 p.m. HIIT (I/V) Melissa	12-12:30 p.m. Kettlebell (I/V) Melissa	12-12:30 p.m. Yoga Sculpt (V) Hanna	12-12:30 p.m. Kettlebell (I/V) Melissa	12-12:45 p.m. Yoga Flow (V) Katie N.		
4:30					4:30-5:15 p.m. Barre (V) Andrea		
5:30	5:30-6:15 p.m. HIIT (I/V) Annie	5:30-6:15 p.m. Yoga Flow (I/V) Autumn	5:30-6:15 p.m. Barre Fusion (I/V) Catherine	5:30-6:15 p.m. Power Yoga (I/V) Suzanne			
	5:30-6:15 p.m. Yoga Sculpt (V) Hanna		5:30-6:15 p.m. Power Yoga (V) Katie D.	5:30-6:15 p.m. Muscle Cond (V) Michael			
	5:30-6:30 p.m. Cycle (I) Rebecca	5:30-6:30 p.m. Cycle (I) Annie	5:30-6:30 p.m. Cycle (I) Deneen	5:30-6:30 p.m. Cycle (I) Rebecca	<div style="border: 1px solid black; padding: 5px;"> <p>(I/V) = Class is held both In-Person & Virtually (V) = Virtual Class Only (shaded in blue) (I) = In-Person Class Only (shaded in orange)</p> </div>		
6:30		6:30-7:15 p.m. Zumba (I) Maggie or Christel	6:30-7 p.m. HardCORE (I) Deneen <i>*Studio B</i>				



Please Note:

- All classes are held in Studio A (top of the stairs) except for cycle classes (in Studio B / Cycle Studio) or any other class indicated otherwise.
- Classes are included with One to One membership. Visit our website for info on signing up in MINDBODY.
- Drop-in, 10-pack and monthly unlimited passes are available for non-members. Purchases can be made through MINDBODY.
- (I) = Indoor classes. Hosted in One to One's main studio, registration is limited to ensure proper social distancing.
- (V) = Virtual Class (via Zoom). Links are sent 30-45 min. before class. If you have not received the link, refresh your email and/or call 368-1121.
- Class recordings are sent to virtual registrants after class and viewable for 24 hours.
- Schedule and instructors are subject to change. Visit MINDBODY for the most updated information.