


# One to One Fitness Center Group Exercise Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00 8:15 8:30	8:30-9:15 a.m. <b>Tai Chi (I/V)</b> Steve		8:30-9:15 a.m. <b>Qigong/Tai Chi (I/V)</b> Steve		8:30-9:15 a.m. <b>Qigong (I/V)</b> Steve		
9:00						9-9:45 a.m. <b>Yoga Flow (V)</b> Katie N.	9-9:45 a.m. <b>Power Flow (V)</b> Katie D. 9-10 a.m. <b>Cycle (I)</b> Rebecca
9:30	9:30-10:15 a.m. <b>Pilates Mat (I/V)</b> Elaine	9:30-10:15 a.m. <b>Pilates Mat (V)</b> Hope	9:30-10 a.m. <b>HIIT (I/V)</b> Melissa	9:30-10:15 a.m. <b>Yoga Flow (I/V)</b> Cindy	9:30-10:15 a.m. <b>Pilates Mat (I/V)</b> Elaine		
10:00 10:30			10:30-11 a.m. <b>Chair Yoga (I/V)</b> Cindy				10-10:45 a.m. <b>Zumba (I)</b> Christine
11:00		11-11:45 a.m. <b>TRX (I)</b> Melissa			11-11:45 a.m. <b>TRX (I)</b> Melissa		
12:00 12:45	12-12:30 p.m. <b>HIIT (I/V)</b> Melissa	12-12:30 p.m. <b>Kettlebell (I/V)</b> Melissa	12-12:30 p.m. <b>Yoga Sculpt (V)</b> Hanna	12-12:30 p.m. <b>Kettlebell (I/V)</b> Melissa			
4:00		4-5 p.m. <b>Pilates Reformer*</b> Elaine		4-5 p.m. <b>Pilates Reformer*</b> Elaine			
5:30	5:30-6:15 p.m. <b>Yogalates (I/V)</b> Ava	5:30-6:15 p.m. <b>Yoga Sculpt (I/V)</b> Hanna	5:30-6:15 p.m. <b>Power Yoga (I/V)</b> Rachel	Pop Up <b>Muscle Conditioning</b> Classes - check schedule!	<div style="border: 1px solid black; padding: 5px;"> <p><b>(I/V)</b> = Class is held both <b>In-Person &amp; Virtually</b>  <b>(V)</b> = <b>Virtual</b> Class Only (shaded in blue)  <b>(I)</b> = <b>In-Person</b> Class Only (shaded in orange)</p> <p><b>*Pilates Reformer</b> is offered at an additional cost (shaded in grey). Visit our website for class details</p> </div>		
	<b>Cycle Pop Up</b> Classes - check the schedule!	5:30-6:30 p.m. <b>Cycle (I)</b> Deneen	5:30-6:30 p.m. <b>Cycle (I)</b> Deneen				
6:00 6:30		6:30-7 p.m. <b>HardCORE (I)</b> Deneen <span style="color: red;">Studio B</span>	6:30-7 p.m. <b>HardCORE (I)</b> Deneen <span style="color: red;">Studio B</span>	6-6:45 p.m. <b>Zumba (I)</b> Christine			
6:30		6:30-7:15 p.m. <b>Zumba (I)</b> Maggie					

**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 (excluding Pilates Reformer Classes). 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.
- (R) = Pre-Recorded. Links are sent 30 mins 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.