

One to One Fitness

Group Exercise Schedule

January-April 2023

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:30 7:00	6:30-7:15 a.m. Vinyasa Flow (I/V) Richard O. <i>Starts Feb. 6</i>	7-7:45 a.m. HIIT (I/V) Shy	6:30-7:15 a.m. Cycle (I) Paula	7-7:45 a.m. HIIT (I/V) Shy	6:30-7:15 a.m. Vinyasa Flow (I/V) Richard O. <i>Starts Feb. 9</i>		
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		
9:00 9:30	9:30-10:15 a.m. Pilates Mat (I/V) Elaine	9:30-10:30 a.m. Synergy (I/V) Nick 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) Elaine	9-9:45 a.m. Cycle Hip Hop (I) Richard 9-9:45 a.m. Yoga Flow (V) Katie N.	9-9:45 a.m. Pilates Mat (I/V) Ava 9-10 a.m. Cycle (I) Rebecca
10:00 11:00		11-11:45 a.m. TRX (I) Melissa			11-11:45 a.m. TRX (I) Melissa	10-10:45 a.m. Muscle Cond. (I/V) Curtis 10-10:45 a.m. Barre (V) Catherine	10-10:45 a.m. Zumba (I) Christine
12:00	12-12:30 p.m. HIIT (I/V) Melissa	12-12:30 p.m. Kettlebell (I/V) Melissa	12-12:45 p.m. Pilates Mat (I/V) Ava	12-12:30 p.m. Kettlebell (I/V) Melissa	12-12:45 p.m. Mobility (I/V) Daniel		12-1 p.m. Yoga Flow (I/V) Nick
4:00			1:45-2:15 p.m. Private Class Studio Reserved				4-4:45 p.m. Hips, Buns & Thighs (I/V) Shy
5:30	5:30-6:15 p.m. Mobility (I/V) Daniel 5:30-6:15 p.m. Cycle Rhythm (I) Richard	5:30-6:15 p.m. Barre (I/V) Catherine 5:30-6:30 p.m. Cycle (I) Deneen	5:30-6:30 p.m. Yoga Flow (I/V) Nick 5:30-6:30 p.m. Cycle (I) Deneen	5:30-6:15 p.m. Muscle Cond. (I/V) Curtis 5:30-6:15 p.m. Power Yoga (V) Katie D.	5:30-6:15 p.m. Pilates & Fitball (I/V) Ava		
6:15 6:30 6:45 7:00	7-7:45 p.m. Muscle Cond. (I/V) Joseph	6:15-7 p.m. Zumba (I) Christine 6:45-7:15 p.m. HardCORE (I) Deneen (Studio B)	6:45-7:30 p.m. Kettlebell (I/V) Daniel 6:45-7:15 p.m. HardCORE (I) Deneen (Studio B)	6:30-7:15 p.m. Cardio Dance (I/V) Sha'Ran <i>Starts Feb. 2</i>	6:30-7:30 p.m. Dance Party! (I/V) (Hosted by a different instructor with a different dance style each week!) <i>Starts Feb 3</i>		

(I/V) = Held **In-Person & Virtually**
(V) = **Virtual Class Only** (in blue)
(I) = **In-Person Class Only** (in orange)

Sign up for ALL classes in advance online through MINDBODY

Visit our website for the Pilates Reformer Schedule

Please Note:

- Classes are open to all fitness levels. Let the instructor know if you are new to class. Consult your physician before beginning any fitness program.
- 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.
- Wear appropriate footwear and attire. Always wear shoes to the class, even if the class will have you barefoot.
- Always bring a water bottle and drink water before, during and after class. Do not exercise on an empty stomach.
- Notify your instructor if you have any special concerns, i.e. pregnancy, diabetes, fasting, surgery so modifications can be explained.
- Please do not enter class late or leave early. It is disruptive to others and a proper warm up and cool down are important.
- Visit our website for info on signing up in MINDBODY. **Members need to "purchase" (\$0) a membership in MINDBODY to sign up at no charge.**
- Drop-in, 10-pack and monthly unlimited passes are available for non-members. Purchases can be made through MINDBODY.
- Virtual class links are sent ~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. Our MINDBODY schedule will have the most updated information.



Visit our Website