

# One to One Fitness Group Exercise Schedule

Fall 2023

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00	7-7:45 a.m. <b>Yoga Flow (I/V)</b> Ellie			7-7:45 a.m. <b>Yoga Flow (I/V)</b> Ellie			
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	8:30-9:30 a.m. <b>Yoga Flow (I/V)</b> Ellie	
9:00	9:30-10:15 a.m. <b>Pilates Mat (I/V)</b> Elaine	9:30-10:30 a.m. <b>Yoga Flow (I/V)</b> Cindy	9:30-10 a.m. <b>HIIT (I/V)</b> Melissa	9:30-10:30 a.m. <b>Yoga Flow (I/V)</b> Cindy	9:30-10:15 a.m. <b>Pilates Mat (I/V)</b> Elaine	9-9:45 a.m. <b>Cycle (I)</b> Sarah	9-9:45 a.m. <b>Pilates Mat (I/V)</b> Ava
9:30		9:30-10:15 a.m. <b>Pilates Mat (V)</b> Hope					9-10 a.m. <b>Cycle (I)</b> Rebecca
10:00					10:30-11 a.m. <b>TRX Mat (I)</b> Melissa	10-10:45 a.m. <b>Muscle Cond. (I/V)</b> Gabri'el	10-10:45 a.m. <b>Zumba (I)</b> Instructor Varies
11:00		11-11:45 a.m. <b>TRX (I)</b> Melissa			11-11:45 a.m. <b>TRX (I)</b> Melissa		
12:00	12-12:30 p.m. <b>Muscle Mondays</b> Melissa (I/V)	12-12:30 p.m. <b>Kettlebell (I/V)</b> Melissa	12-12:45 p.m. <b>Pilates Mat (I/V)</b> Ava	12-12:30 p.m. <b>Kettlebell (I/V)</b> Melissa	12-12:45 p.m. <b>Boxing Fitness (I)</b> Curtis		
4:00	4-4:45 p.m. <b>Mobility (I/V)</b> Enrico		4-4:45 p.m. <b>Mobility (I/V)</b> Enrico	4:30-5:15p.m. <b>Ballet (I/V)</b> Alicia			4:30-5:30 p.m. <b>Yoga Flow (I/V)</b> Katie C.
5:30	5:30-6:25 p.m. <b>Zumba (I)</b> Christine	5:30-6:15 p.m. <b>Barre (I/V)</b> Catherine	5:30-6:30 p.m. <b>Yoga Flow (I/V)</b> Katie C.	5:30-6:15 p.m. <b>Muscle Cond. (I/V)</b> Curtis	5:30-6:15 p.m. <b>HIIT(I/V)</b> Anya		
	5:30-6:15 p.m. <b>Cycle Rhythm (I)</b> Richard	5:30-6:30 p.m. <b>Cycle (I)</b> Deneen	5:30-6:30 p.m. <b>Cycle (I)</b> Deneen		5:30-6:30 p.m. <b>Cycle Rhythm (I)</b> Katie X.		
6:30	6:30-7:15 p.m. <b>Muscle Cond. (I/V)</b> Joseph	6:30-7:15 p.m. <b>HIIT (I/V)</b> Joseph		6:30-7:15 p.m. <b>Zumba (I)</b> Tondra		<b>(I/V) = Held In-Person &amp; Virtually</b> <b>(V) = Virtual Class Only (in blue)</b> <b>(I) = In-Person Class Only (in yellow)</b> <i>Hour classes are typically 55 min.</i>	
6:45		6:45-7:30 p.m. <b>Muscle Toning &amp; Core Strength (I)</b> Deneen (Studio B)	6:45-7:30 p.m. <b>Muscle Toning &amp; Core Strength (I)</b> Deneen (Studio B)	6:30-7:15 p.m. <b>Cycle Hip Hop (I)</b> Richard			

Have a request for different classes, times or formats? Email us!

**\*Sign up for ALL classes in advance online through MINDBODY\***

**Visit our website or Mindbody 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.**

