



# GROUP EXERCISE STUDIO

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00-7:00 Ski conditioning Yvette	5:45 - 6:45 Arms, Core Katie H	6:00-7:00 Bootcamp Anthony W	6:00-7:00 Pilates Ben		8:35-9:35 Sculpt Ashley D	8:30-9:30 Power Sculpt Yvette/Molly
7:15-7:45 * New Class* NONSTOP Keegan	7:15- 8:15 *New Class* Body Rock Monica	7:15-7:45 * New Class* NONSTOP Keegan	7:15- 8:15 *New Class* Body Rock Monica	7:15-7:45 * New Class* NONSTOP Keegan		
8:45-9:15 Spin & Gritty Anthony	8:30-9:15 Sculpt Ashley D	9:00-10:00 Pilates Anthony	8:20-9:20 Pilates Adrienne J	7:30-8:30 * New Class* Cycle HIIT Ben		9:40-10:40 Power Sculpt Molly
9:30-10:30 Kick Yo' Booty Anthony	9:30-10:30 DYPUMP™ Leigha	10:00-11:00 Tai Chi Eric	9:30-10:30 DYPUMP™ Leigha	9:15-10:15 YAH Total Body Fusion Cathy C	10:45-11:15 Zumba Laurel <small>45 *1st Class June 9th*</small>	10:50-11:50 DYPUMP™ MaryLauren
10:45-11:45 DYPUMP™ Katie G	10:45-11:45 Tai Chi™ Shu-Ju	11:00-12:00 Tai Chi™ TD	10:45-11:45 Tai Chi™ Jim	10:30-11:30 Restore and Repair Debbie S		
12:00-1:00 Pilates™ Mariah	12:00-1:00 DYPUMP™ Jackie	12:00-1:00 Tai Chi™ Cindy	12:00- 1:00 * New Class* HIIT / Yoga Ben	12:00-1:00 DYPUMP™ Candice	12:00-1:00 DYPUMP™ Lorry	12:00-1:00 Tai Chi™ Rita
1:30-2:30 Essentrics TD						1:15-2:15 Fusion Tracy F
					2:15- 3:15 *New Class* Dance- JAZZ Monica <small>15 *1st Class June 9th*</small>	
	4:00-5:00 * New Class* Back to Basics Debbie S		4:00-5:00 * New Class* Core&Restore Debbie S			4:00-5:00 *New Class* YI Jin Jing TD
5:00-5:30 Booty Keegan	5:30-6:00 Spin & Gritty Katie H	5:30-6:30 DYPUMP™ Katie G	5:45-6:30 Pilates Anthony		5:15-6:15 Dance- Afro Fusion Tracy	5:00-6:00 Tai Chi Forms TD
	6:00-7:00 * New Class* Athletic Endurance Kim Stevens	6:30-7:30 Tai Chi™ Rita S	6:45- 7:45 *New Class* Hip Hop Monica			
7:15-7:45 *New Class* Iron Core Express Marina	7:15-8:15 Fusion Tracy F					

\* These classes will be available beginning June 15th\*

\* Indicates New Class\*