



Group Training 100
Week of May 29th, 2017

STUDIO A						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Club Hours: 5:30 am-1pm Pool Hours: 12:00-8:30pm	5:45-6:45AM Cardio & Strength SUZANNE		5:45-6:45AM H.I.I.T. KIM			
		8:15-9:15AM Body Conditioning ANN		8:00-9:00AM H.I.I.T. KIM		
9:00-10:30AM Triple Threat - Cardio, Strength & Stretch AMY	9:15-10:15AM ZUMBA! KRISTEN dance #3	9:15-10:15AM ZUMBA! JENNIFER dance #3	9:15-10:15AM Body Conditioning BELINDA	9:15-10:15AM ZUMBA! JENNIFER	9:00-10:00AM Step Special TERRY	9:00-10:15AM Athletic Conditioning SANDRA
 MEMORIAL DAY	9:15-10:15AM Body Conditioning AMY	9:15-10:15AM Barre Fitness EMILY	10:30-11:30AM MC Club HIIT Circuit LINDA U.		10:00-11:00AM Body Conditioning TERRY	
		10:15-11:15AM Step Interval DEBBIE		10:30-11:30AM Basic Cardio SUZANNE		11:00AM-12:00PM ZUMBA! NATALIE
		11:15AM-12:15PM Senior Strength & Stretch SUZANNE		12:00-1:00PM Cardio Room & Stretch SUZANNE		
	5:45-6:45PM Barre Fitness BELINDA	5:45-6:45PM Step & Strength BELINDA	5:30-6:30PM ZUMBA! NATALIE			
	6:45-7:45PM H.I.I.T. KIM	7:00-7:45PM MC Club HIIT Circuit LINDA U.	6:30-7:30PM Cardio & Strength KIM			1:00-2:00PM Barre Fitness TESIA
CYCLING STUDIO						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		5:45-6:45AM CycleZone LINDA		5:45-6:45AM H.I.I.T. Cycle LINDA		
	8:00-8:45AM Basic Cycle LINDA		8:00-9:00AM CycleZone LINDA		7:30- 8:30AM Chemistry KIM	8:00-9:00AM Sunday Funday TIFFANY
8:00-9:00AM CycleZone - H.I.I.T. KIM		9:15-10:15AM CycleZone TIFFANY		9:15-10:15AM Name That Tune! TERRY	10:00-11:00AM 80's Movies KIM	
	5:45-6:45PM CycleZone HILARY	7:00-8:00PM CycleZone KIM	5:45-6:45PM CycleZone HILARY			
BOOT CAMP / BOXING						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00-8:00AM LED Boxing CAT	6:15-7:15AM LED Boxing BO	6:05-7:05AM Power Hour SARAH		6:05-7:05AM Ultimate KEVIN	7:25-8:25AM Ultimate KEVIN	
8:15-9:15AM Boot Camp KEVIN & SARAH	8:00-8:45AM Cardio Boxing DEAN					
		9:05-10:05AM Power Hour SARAH		9:05-10:05AM Ultimate KEVIN	8:30-9:30AM Kick Boxing CAT	9:00-10:00AM Kick Boxing CAT
 MEMORIAL DAY					2:30-3:30PM LED Boxing BO	11:00-11:45AM Technique Boxing BO
		6:35-7:35PM Ultimate KEVIN	7:00-8:00PM Kick Boxing CAT	6:35-7:35PM Ultimate KEVIN		
		8:15-9:15PM Cardio Boxing BO				
YOGA STUDIO						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00-9:00AM ★ Healthy Backs SUZY	8:00-9:00AM ★ Therapeutic Yoga SUZY	8:00-9:00AM Healthy Backs KELLY	8:00-9:00AM ★ Therapeutic Yoga SUZY		8:00-9:00AM Healthy Backs MARY	
9:15-10:30AM ★ Vinyasa SUZY	9:15-10:30AM ★ Ashtanga SUZY	9:15-10:15AM Slow Flow KELLY	9:15-10:30AM ★ Art of Vinyasa SUZY	9:00-10:15AM ★ Vinyasa ANN	9:15-10:30AM ★ Vinyasa MARY	8:45-9:45AM ★ Yin LINDSAY
	10:45-11:30AM Hatha Express TAMEKA	10:30-11:30AM Hatha Yoga TAMEKA	11:00AM-12:00PM Hatha Yoga TAMEKA	10:30-11:30AM Hatha Yoga ANN	11:00AM-12:00PM Hatha Yoga TODD	10:00-11:00AM ★ Slow Flow LINDSAY
		6:00-7:00PM ★ Yin MARY		11:45AM-1:00PM Gentle Yoga MIMI		4:30-5:30PM ★ Yogalates SUZY
	6:45-7:45PM Healthy Backs ANN	7:15-8:15PM ★ Slow Flow MARY	6:15-7:30PM ★ HIIT Vinyasa Red MEGGIE	6:30-7:30PM ★ Yin & Tonic BELINDA		
			7:45-8:45PM ★ Yin Red MEGGIE			
POOL						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
No Aqua		9:15-10:15AM Aqua DEBBIE		9:15-10:15AM Aqua NORENE		

♥ - heart rate monitoring available ★ - infrared heat