Group Training @ The Club MAR 18, 2024 - MAR 24, 2024

Goal 12: Be proud of yourself for being fit at ANY age!

MONDAY TUESDAY		***OTHER*** THURSDAY CYCLE STUDIO 6:00 - 7:00am CYCLE LINDA D ***STUDIO A*** THURSDAY 7:30 - 8:30am MAT PILATES Y0ga Studio IRINA 8:00 - 9:00am STEP ANN 9:05 - 10:05am BODY CONDITIONING ANN 5:00 - 6:00pm ZUMBA KRISTEN 6:15 - 7:00pm	FRIDAY CYCLE STUDIO 7:15 -7:45am POWER CYCLE LEXI 8:45 - 9:45am CYCLE AMY FRIDAY 8:00 - 9:00am CARDIO & STRENGTH RETURNS 032224 9:15 - 10:15am ZUMBA KRISTEN	SATURDAY CYCLE STUDIO 8:00 - 8:45am CYCLE RETURNS ON 032924 SATURDAY 11:00am - 12:00pm HATHA YOGA ANN	SUNDAY CYCLE STUDIO 9:00 - 9:45am CYCLE KIM SUNDAY
CYCLE STUDIO	CYCLE STUDIO 9:00 - 10:00am CYCLE CIRCUIT TIFFANY WEDNESDAY 10:30 - 11:30am ACTIVE AGING SUZANNE 5:30 - 6:30pm BARRE' FUSION IRINA 6:45 - 7:30pm STRENGTH & SCULPT	CYCLE STUDIO 6:00 - 7:00am CYCLE LINDA D ***STUDIO A*** THURSDAY 7:30 - 8:30am MAT PILATES Yoga Studio IRINA 8:00 - 9:00am STEP ANN 9:05 - 10:05am BODY CONDITIONING ANN 5:00 - 6:00pm ZUMBA KRISTEN	CYCLE STUDIO 7:15 - 7:45am POWER CYCLE LEXI 8:45 - 9:45am CYCLE AMY FRIDAY 8:00 - 9:00am CARDIO & STRENGTH RETURNS 032224 9:15 - 10:15am ZUMBA	CYCLE STUDIO 8:00 - 8:45am CYCLE RETURNS ON 032924 SATURDAY 11:00am - 12:00pm HATHA YOGA	9:00 - 9:45am CYCLE KIM
6:00 - 7:00am CYCLE LINDA D 5:45-6:30pm CYCLE KIM	9:00 - 10:00am CYCLE CIRCUIT TIFFANY WEDNESDAY 10:30 - 11:30am ACTIVE AGING SUZANNE 5:30 - 6:30pm BARRE' FUSION IRINA 6:45 - 7:30pm STRENGTH & SCULPT	6:00 - 7:00am CYCLE LINDA D ***STUDIO A*** THURSDAY 7:30 - 8:30am MAT PILATES Yoga Studio IRINA 8:00 - 9:00am STEP ANN 9:05 - 10:05am BODY CONDITIONING ANN 5:00 - 6:00pm ZUMBA KRISTEN	7:15 -7:45am POWER CYCLE LEXI 8:45 - 9:45am CYCLE AMY FRIDAY 8:00 - 9:00am CARDIO & STRENGTH RETURNS 032224 9:15 - 10:15am ZUMBA	8:00 - 8:45am CYCLE RETURNS ON 032924 SATURDAY 11:00am - 12:00pm HATHA YOGA	9:00 - 9:45am CYCLE KIM
## CYCLE LINDA D 5:45-6:30pm CYCLE KIM ## CYCLE KIM ## MONDAY ## TUESDAY ## BI-5-9:00am ONE MORE REP TIFFANY 9:15-10:15am CARDIO,CORE&STRENGTH AMY ## AMY ## AMY ## CARDIO,CORE&STRENGTH AMY ## AMY ## CARDIO - 7:00pm UMBA/WERQ COMBO ERIN ## 6:45 - 7:30pm TOTAL BODY STRENGTH KIM	WEDNESDAY 10:30 - 11:30am ACTIVE AGING SUZANNE 5:30 - 6:30pm BARRE' FUSION IRINA 6:45 - 7:30pm STRENGTH & SCULPT	****STUDIO A*** THURSDAY 7:30 - 8:30am MAT PILATES Yoga Studio IRINA 8:00 - 9:00am STEP ANN 9:05 - 10:05am BODY CONDITIONING ANN 5:00 - 6:00pm ZUMBA KRISTEN	POWER CYCLE LEXI 8:45 - 9:45am CYCLE AMY FRIDAY 8:00 - 9:00am CARDIO & STRENGTH RETURNS 032224 9:15 - 10:15am ZUMBA	CYCLE RETURNS ON 032924 SATURDAY 11:00am - 12:00pm HATHA YOGA	CYCLE KIM
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KIM		CARDIO & STRENGTH			
***POYING POO!	KIM	SANDRA			
***BOYING BOOM					
	//*** BOO	CAMP ROOM	PICKLEBA	LL (PB) COURT	
MONDAY TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MONDA! IGEODA!		s required for all boxing of		GATGREAT	CONDA
6:15 - 7:00am	6:15 - 7:00am	s required for all boxing o	6:15 - 7:00am		8:00 - 8:45am
TABATA TRAINING	CIRCUIT STRIKE		BATTLE BOXING		BEST OF BOTH WORL
LEXI	JASON		LEXI		MICHELE
9:30 - 10:30am	9:30 - 10:30am		10:30 - 11:30am	8:00 - 9:00am	IVIIOTIELE
	TOTAL Training Bootcamp		TOTAL BODY RESET	TOTAL Training Bootcamp	١
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HIIT BOXING*** CIRCUIT STRIKE					
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MONDAY TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
ZOOM ONLY					
10:00 - 11:00am 8:45 - 9:45am	8:45 - 9:45am	10:00 - 11:15am	9:00 - 10:00am	11:00am - 12:00pm	10:15 - 11:30am
	SLOW FLOW VINYASA	STRONG CORE/HEALTHY BACK	GENTLE YOGA	HATHA YOGA	HATHA-VINYASA BLE
SUZY ANN	CAROL	KAVITHA	CHARLES	ANN	KAVITHA
ZOOM ONLY	UNITUL	IVAVIIIA	ZOOM ONLY	DININ	IVAVIIIIA
W	C:45pm 7:45r	6:20 7:20pm	10:30 - 11:45am		
	6:45pm - 7:45pm	6:30 - 7:30pm			
HATHA YOGA YOGA THERAPEUTICS	VINYASA YOGA	VIN TO YIN	STRONG FLOW YOGA		
KAVITHA SUZY	IRINA	JACLYN	SUZY 🔑		
		POOL			
	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MONDAY TUESDAY			FALL HOURS		FALL HOURS
			9:00 - 10:00 am		9:00 - 10:00am
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9:00 - 10:00am AQUA FITNESS DIANE	FALL HOURS 9:00 - 10:00 am AQUA FITNESS C.R.	NESS GOALS O	AQUA FITNESS C.R.	IME	AQUA FITNESS