

# GROUP EXERCISE SCHEDULE 2018

Last updated April 1st

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>STUDIO 1</b>	<b>7:00am</b> Barre Teri	<b>6:00am</b> Cardio Amy Core	<b>5:45am</b> Yoga John Multi-Level	<b>6:00am</b> Cardio Amy Core	<b>7:00am</b> Barre Teri		
	<b>8:30am</b> Weighted Molly Workout	<b>7:15am</b> Weighted Karen Workout	<b>8:30am</b> Weighted Vickie Workout	<b>7:15am</b> Weighted Karen Workout	<b>8:15am</b> Pilates Express Charise	<b>10:30am</b> Yoga John Intermediate/Advanced	
	<b>10:30am</b> Yoga Daniel Level1/2	<b>8:30am</b> Posture Lisa Pilates	<b>10:45am</b> Advanced Daniel Yoga	<b>8:30am</b> Step Kim Interval	<b>9:00am</b> Advanced Tai Chi Chris		<b>9:30am</b> Step Kim Interval
	<b>11:30am</b> Yoga Daniel Intro Level 1	<b>9:45am</b> Cardio Sharyn Hip Hop Dnace	<b>12:30pm</b> Therapeutic Tara Yoga	<b>9:45am</b> Cardio Joanne Yoga ( NEW CLASS)	<b>10:30am</b> Yoga (90 min.) Daniel Multi-Level		<b>11:00am</b> Gentle Mary Yoga
	<b>12:30pm</b> Therapeutic Tara Yoga	<b>11:30am</b> Restorative Karen Pilates	<b>4:30pm</b> Total Body Charise Conditioning	<b>11:00am</b> Yoga Marq Flow	<b>12:30pm</b> Therapeutic Sunny Yoga		<b>4:00pm</b> Yoga Marie Flow
	<b>4:30pm</b> Bootcamp Vickie	<b>12:45pm</b> Gentle Mary Yoga (NEW CLASS)	<b>5:30pm</b> Pilates Erin L Level 2/3	<b>12:45pm</b> Gentle Mary Yoga (NEW CLASS)			
	<b>5:30pm</b> Pilates Erin L Level 2/3	<b>5:45pm</b> Yoga Marie Flow	<b>6:30pm</b> Tai Chi Ivy Qi Gong	<b>5:45pm</b> Cardio Joanne Yoga ( NEW CLASS)	<b>5:15pm</b> Happy Hour Nancy Yoga		
	<b>6:30pm</b> Tai Chi Ivy Qi Gong						
<b>SPIN</b>	<b>5:45am</b> Spinning Amy	<b>5:45am</b> Spinning Pete	<b>9:30am</b> Spinning Teri	<b>5:45am</b> Spinning Ginger	<b>5:45am</b> Spinning Julie		
	<b>9:30am</b> Tone it Charise Up Spin	<b>9:45am</b> Integrative Lisa Spinning	<b>5:30pm</b> Restorative Charise Spinning	<b>8:45 am</b> Tone it Charise Up Spin	<b>9:00am</b> Interval Charise Spinning	<b>9:00am</b> Spinning Ginger	<b>9:00am</b> Endurance Charise Spin
	<b>5:30pm</b> Spinning Julie	<b>4:30pm</b> Spinning Ginger		<b>4:30pm</b> Spinning Kirsten			
<b>KIDS</b>	<b>3:30pm</b> Kids Yoga Lilly	<b>3:30pm</b> Martial Arts Nick	<b>3:30pm</b> Kids Yoga Nancy	<b>3:30pm</b> Martial Arts Nick			
		<b>4:30pm</b> Mini- Savannah Muscles		<b>4:30pm</b> Mini- Savannah Muscles			
<b>SM. POOL</b>	<b>8:30am</b> Aqua Teri Aerobics	<b>8:30am</b> Aqua Nancy Aerobics	<b>8:30am</b> Aqua Jonna Aerobics	<b>8:30am</b> Aqua Dayna Aerobics	<b>8:30am</b> Aqua Karen Aerobics	<b>8:30am</b> Aqua Jonna Aerobics	
	<b>3:30pm</b> Pre-Swim	<b>3:30pm</b> Pre-Swim	<b>3:30pm</b> Pre-Swim	<b>3:30pm</b> Pre-Swim	<b>3:30pm</b> Pre-Swim		
<b>LAP POOL</b>	<b>8:30am</b> Masters Swim	<b>3:30pm</b> Novice	<b>8:30am</b> Masters Swim	<b>3:30pm</b> Novice	<b>8:30am</b> Masters Swim HS Swim Team		
	<b>3:30pm</b> Novice	<b>4:15pm</b> Age Group	<b>3:30pm</b> Novice	<b>4:15pm</b> Age Group	<b>3:30pm</b> Novice		
	<b>4:15pm</b> Age Group	<b>6:30pm</b> Masters Swim	<b>4:15pm</b> Age Group	<b>6:30pm</b> Masters Swim	<b>4:15pm</b> Age Group		

\*Reminder to members: Swim team uses the entire lap pool Monday - Friday 3:30 - 5:30 PM for practice. \*Purple classes are to show when Swim Team is using the lap pool