

WINTER / SPRING GROUP EXERCISE SCHEDULE: JANUARY – MARCH 2019

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
STUDIO 1	7:00 am Barre - Teri 8:30 am Weighted Workout - Molly 10:30 am Yoga Level 1/2 – Daniel 11:30 am Yoga Intro Level 1 – Daniel 12:45 pm Gentle Yoga – Tara 4:30 pm Bootcamp – Vicki 5:30 pm Pilates Level 2/3 – Erin L 6:30 pm Tai Chi Qi Gong - Ivy	6:00 am Cardio Core – Amy 7:15 am Weighted Workout – Karen 8:30 am Posture Pilates – Lisa 11:30 am Restorative Pilates – Karen 12:45 pm Gentle Yoga – Mary 5:45 pm Yoga Flow - Marie	5:45 am Yoga/Stretch - Teri 8:30 am Weighted Workout - Vicki 10:45 am Advanced Yoga – Daniel 12:45 pm Gentle Yoga – Tara 4:30 pm Total Body Conditioning – Charise 5:30 pm Pilates Level 2/3 – Erin L 6:30 pm Tai Chi Qi Gong - Ivy	6:00 am Cardio Core – Amy 7:15 am Weighted Workout – Karen 8:30 am Step Interval – Kim 9:45 am Cardio Yoga– Joanne 11:30 am Yoga Flow – Marq 12:45 pm Gentle Yoga – Mary 5:45 pm Yoga Flow - Elisa	7:00 am Barre - Teri 8:15 am Pilates Express - Charise 9:00 am Advanced Tai Chi – Chris 10:30 am Yoga Multi Level (90 min) – Daniel 12:15 pm Power Flow Yoga Joanne 5:15 pm Happy Hour Yoga – Nancy	10:30 am Yoga - Nancy	9:30 am Step Interval - Kim 11:00 am Gentle Yoga - Mary 4:00 pm Yoga Flow - Marie
SPIN	5:45 am Spinning - Nancy 9:30 am Tone It Up Spin – Charise 5:30 pm Spinning - Julie	5:45 am Spinning - Pete 9:45 am Integrative Spinning - Lisa 4:30 pm Spinning - Ginger	9:30 am Spinning – Teri 5:30 pm Restorative Spinning - Charise	5:45 am Spinning - Ginger 8:45 am Tone It Up Spin – Charise 4:30 pm Spinning - Kirsten	5:45 am Spinning - Julie 9:00 am Interval Spinning – Charise	9:00 am Spinning - Ginger	9:00 am Endurance Spin - Charise
KIDS	3:30 pm Kids Yoga - Lilly	3:30 pm Martial Arts - Morgan 4:30 pm Mini Muscles - Savannah	3:30 pm Kids Yoga - Nancy	3:30 pm Martial Arts - Morgan 4:30 pm Mini Muscles - Savannah			
SMALL POOL	8:30 am Aqua Aerobics – Teri K. 3:30 pm Pre-Swim	8:30 am Aqua Aerobics – Teri F. 3:30 pm Pre-Swim	8:30 am Aqua Aerobics – Jonna 3:30 pm Pre-Swim	8:30 am Aqua Aerobics – Dayna 3:30 pm Pre-Swim	8:30 am Aqua Aerobics – Karen 3:30 pm Pre-Swim	8:30 am Aqua Aerobics – Nancy	
LAP POOL	8:30 am Masters Swim 3:30 pm Novice 4:15 pm Age Group	3:30 pm Novice 4:15 pm Age Group 6:30 pm Masters Swim	8:30 am Masters Swim 3:30 pm Novice 4:15 pm Age Group	3:30 pm Novice 4:15 pm Age Group 6:30 pm Masters Swim	8:30 am Masters Swim 3:30 pm Novice 4:15 pm Age Group		

*Swim Team uses entire lap pool Monday through Friday, from 3:30 pm to 5:30 pm for practice. Classes shown in purple designate the Swim Team schedule.