

## SUMMER GROUP EXERCISE SCHEDULE: JUNE – AUGUST 2019

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