

COAC - Group X Schedule with our Women Instructors

Monday:

- 8:00 – 9:00 am: Masters Swim with Meghan Hennig
- 8:30 – 9:30 am: Aqua Aerobics with Teri Klobucher
- 8:30 – 9:30 am: Weighted Workout with Molly Gruenberg
- 9:00 – 9:45 am: Tone It Up Spin with Charise Bacchus

Tuesday:

- 6:00 – 7:00 am: Cardio Circuit with Amy Jameison
- 7:30 – 8:30 am: Weighted Workout with Karen Kledzik
- 8:30 – 9:30 am: Aqua Aerobics with Dayna Jordan
- 8:30 – 9:30 am: Pilates with Lisa Wilcox
- 11:00 am – 12:00 pm: Gentle Yoga with Lisa Schoenthal
- 5:30 – 6:30 pm: Multilevel Yoga with Yulia Maluta

Wednesday:

- 8:30 – 9:30 am: Aqua Aerobics with Teresa Koontz
- 8:30 – 9:30 am: Weighted Workout with Karen Robiscoe
- 4:30 – 5:15 pm: Spinning with Ginger Gillquist

Thursday:

- 6:00 – 7:00 am: Cardio Circuit with Amy Jameison
- 8:00 – 9:00 am: Step Interval with Kim Allen
- 9:00 – 9:45 am: Tone It Up Spin with Charise Bacchus
- 11:00 am – 12:00 pm: Gentle Yoga with Tara Brown
- 5:30 – 6:30 pm: Multilevel Yoga with Yulia Maluta

Friday:

- 8:15 – 9:00 am: Pilates with Charise Bacchus
- 9:00 – 9:45 am: Interval Spinning with Charise Bacchus
- 5:45 – 6:30 am: Spinning with Julie Robinson

Saturday:

- 7:30 – 8:30 am: Weighted Workout with Karen Kledzik
- 8:30 – 9:30 am: Aqua Aerobics with Karen Kledzik
- 9:00 – 9:45 am: Spinning with Ginger Gillquist

Sunday:

- 8:30 – 9:30 am: Step Interval with Kim Allen
- 11:00 am – 12:00 pm: Gentle Yoga with Yulia Maluta