

# GROUP EXERCISE

STARTING 4/1/2024

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MAIN STUDIO	9:15-10:15A <b>LES MILLS BODYCOMBAT</b> ALYSON	5:30-6:30A <b>LES MILLS BODYPUMP</b> RITA	9:15-10:00A <b>LES MILLS BODYPUMP</b> FLORI	5:30-6:30A <b>LES MILLS BODYPUMP</b> RITA	9:15-10:00A <b>tone</b> JON	9:00-10:00A <b>LES MILLS BODYCOMBAT</b> CAMILLE	9:00-9:45A <b>tone</b> ALYSON
	5:30-6:15P <b>LES MILLS BODYCOMBAT</b> CAMILLE	5:30-6:30P <b>LES MILLS BODYPUMP</b> SHANNA	5:30-6:30P <b>LES MILLS BODYCOMBAT</b> FLORI	5:30-6:30P <b>LES MILLS BODYPUMP</b> SHANNA	8:30-9:00A <b>LES MILLS CORE</b> FLORI	10:00-10:30A <b>LES MILLS BODYPUMP</b> CAMILLE	
	6:15-6:45P <b>LES MILLS CORE</b> CAMILLE	6:30-7:00P <b>LES MILLS GRIT</b> SHANNA	6:30-7:00P <b>LES MILLS BODYPUMP</b> SHANNA	6:30-7:00P <b>LES MILLS GRIT</b> SHANNA	9:15-9:45A <b>LES MILLS GRIT</b> BRIAN	10:30-11:30A <b>ZUMBA fitness</b> JON	
SPIN STUDIO	5:00-6:00P <b>Spintensity</b> MIKE	8:30-9:15A <b>Tuesday Morning Ride</b> JON	5:00-5:45P <b>SPINNING</b> MICHELE	9:15-10:00A <b>Cycle</b> RITA	5:30-6:30A <b>SPINNING</b> JOHN	7:15-8:15A <b>SPINNING</b> JOHN	

**\*\*REGISTER FOR ALL CLASSES THROUGH THE MEMBER PORTAL OR FRONT DESK\*\***  
CLASSES WITH FEWER THAN 4 PARTICIPANTS WILL BE CANCELED ONE HOUR PRIOR TO CLASS START

CHECK OUT OUR NEW CLASS, **CIRCL MOBILITY** ON FRIDAYS AT 11AM IN THE WELLNESS STUDIO!

New

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WELLNESS STUDIO	5:30-6:30A <b>Vinyasa</b> CINDY				9:15-9:45A <b>Cardio Sculpt Exp</b> KRISTEN	8:15-9:15A <b>Vinyasa Chill</b> CRISTINA	
	9:15-10:15A <b>Cardio Sculpt</b> KRISTEN	9:00-10:00A <b>Vinyasa</b> CINDY	9:15-10:15A <b>PowerPlay Vinyasa</b> DANA	9:00-10:00A <b>Pilates</b> PAIGE	10:00-11:00A <b>Chair Yoga</b> NANCY	9:30-10:30A <b>Vinyasa Heat</b> DANIELLE	9:00-10:00A <b>Align &amp; Flow</b> CRISTINA
	6:00-7:00P <b>Power Hour Yoga</b> RAISA	10:30-11:30A <b>Gentle Yoga</b> NANCY		10:30-11:30A <b>Therapeutic Yoga</b> NANCY	11:00-11:30A <b>CIRCL MOBILITY</b> JON	10:45-11:25A <b>POUND</b> SHEA	10:15-11:00A <b>Pilates</b> PAIGE
POOL	8:35-9:30A <b>Water Exercise</b> DIANA	5:00-6:00P <b>Vinyasa</b> CINDY	6:00-7:00P <b>Sculpt Fusion</b> RAISA	6:15-7:00P <b>Vinyasa</b> KERRY	6:30-7:30P <b>Subtle Strength Yoga</b> ARTHUR	<p><b>**Please bring your own mat for class.**</b></p>	
		6:30-7:15P <b>tone</b> CAMILLE					

KIDS 12-14 ALLOWED TO CLASSES WITH A PARENT