Fitness Center Studio Schedule

Monday

Time	Class	Studio	Instructor
5:45	Spin*	Spin	Helene
7:00	Yoga*	MBS	Matt
8:00	Heart Strong §	TS	Sharon
9:00	Low Impact/Sculpt	GES	Beth
10:00	Heart Strong §	TS	Hahns
11:00	Heart Fit §	GES	Jasmin
11:45	Circuit Training*	TS	Isabelle
12:30	Zumba*	GES	Isabelle
1:15	PiYo*	GES	Isabelle
4:30	Zumba*	GES	Isabelle
5:00	Heart Strong §	TS	Jude
5:30	Step & Sculpt	GES	Sidney
5:30	PiYo*	MBS	Isabelle
6:30	Oh Baby! Prenatal Combo	GES	Catherine
7:00	Extreme 90xs/Core	TS/GES	Mike
7:30	Oh Baby! Pilates §	MBS	Catherine

Tuesday

Time	Class	Studio	Instructor
5:45	Spin*	Spin	Helene
6:00	Creative Cardio	GES	Young
6:30	Functional Stretching*	MBS	Sharrell
7:15	Tai Chi*	MBS	Young
7:30	Correlation Yoga*	GES	Avril
9:00	Adult Conditioning §	GES	Clinton
10:00	Heart Fit §	GES	Sharon
10:00	Restorative Yoga	MBS	Jasmin
11:00	COPD (90) §	GES	Avril
11:00	Restorative Yoga	MBS	Jasmin
12:00	Circuit Training*	TS	Isabelle
12:00	Spin*	Spin	Beverly
1:00	Cancer Wellfit §	GES	Paige
1:00	PiYo*	MBS	Isabelle
4:30	Boot Camp*	GES	Mike
5:15	15 Minute Abs	GES	Jude
5:30	Cardio Mix*	GES	Hattie
5:45	Oh Baby! Yoga (75)	MBS	Josie
5:45	Spin*	Spin	Alethia
6:30	Functional Stretching*	GES	Jude

Wednesday

Time	Class	Studio	Instructor
5:45	Spin*	Spin	Gwen
7:00	Yoga	MBS	Kristin
8:00	Heart Strong §	TS	Sharrell
9:00	Low Impact/Sculpt	GES	Lillie
9:00	Tai Chi*	MBS	Young
10:00	Heart Strong §	TS	Sharon
10:30	Oh Baby! Combo	GES	Erica
12:30	Zumba*	GES	Isabelle
1:00	Total Control§	MBS	Jasmin
1:15	PiYo*	GES	Isabelle
2:00	PINK §	GES	Paige
3:00	PINK Support Group §	GES	Barbara
4:30	Cardio Mix	GES	Mike
5:00	Heart Strong §	TS	Paige
5:15	15 Minute Abs	GES	Jude
5:30	Zumba*	GES	Kandice
5:30	Spin*	Spin	Mike
5:30	Oh Baby! Pilates §	MBS	Erica
6:15	Shimmy Fit	GES	Kandice
7:00	Extreme 90xs	GES	Mike

Thursday

Time	Class	Studio	Instructor
5:45	Spin*	Spin	Gwen
6:00	Creative Cardio	GES	Hattie
6:45	Correlation Yoga*	MBS	Avril
9:00	Adult Conditioning §	GES	Sharon
10:00	Heart Fit §	GES	Clinton
10:00	Restorative Yoga	MBS	Avril
11:00	COPD (90) §	GES	Jasmin
11:00	Restorative Yoga**	MBS	Avril
12:00	Spin*	Spin	Shawn
1:00	Soweto Jive	GES	Isabelle
4:30	Step Interval*	GES	Freddy
5:00	Heart Strong §	TS	Lauren
5:15	15 Minute Abs	GES	Paige
5:45	Spin*	Spin	Shawn
6:30	Functional Stretching*	GES	Lauren

Friday

Time	Class	Studio	Instructor
5:45	Spin*	Spin	Shawn
7:00	Functional Stretching*	MBS	Sharrell
8:00	Heart Strong §	TS	Jasmin
8:00	Diabetes Prevention §	GES	Clinton
9:00	Low Impact/Sculpt	GES	Lillie
10:00	Oh Baby! Mom & Baby Yoga*	GES	Josie
10:00	Heart Strong §	TS	Clinton
10:15	Correlation Yoga (90)	MBS	Avril
11:00	COPD (90) §	GES	Jasmin
11:45	Circuit Training*	TS	Isabelle
12:30	Zumba*	GES	Isabelle
1:00	Total Control§	MBS	Jasmin
2:00	PINK §	GES	Paige
4:30	Cardio Mix	GES	Young

Saturday

Time	Class	Studio	Instructor
8:45	Spin*	Spin	Venus/Sascha
10:00	Pilates	MBS	Dwayne
10:30	Oh Baby! Prenatal Combo §	GES	Catherine
11:15	Extreme Brunch Workout	GES	Mike
11:15	Yoga	MBS	Dwayne

Sunday

Time	Class	Studio	Instructor
12:15	Restorative Yoga‡	MBS	Avril
1:00	Cancer Wellfit §	GES	Avril
2:00	PINK §	GES	Sharrell
3:30	Yoga	MBS	Matt

Please Note:

Schedules and classes subject to change

* Denotes a 45 minute class.
All other classes 60 minutes, unless otherwise noted
** Yoganidra every third Thursday
‡ Yoganidra every second Sunday
§ Requires registration and/or additional cost
MBS: Mind Body Studio
GES: Group Exercise Studio
TS: Train Station
Spin: Spin Studio

Last updated: 09/26/2013

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