

Fitness Center Studio Schedule

		Time	Class	Studio	Instructor			Time	Class	Studio	Instructor
Monday		5:45	Spin*	Spin	Beverly	Thursday		5:15	Barre*	MBS	Sharrell
		6:30	Up, Down, Turn Around*	MBS	Kristen			5:45	Spin*	Spin	Beverly
		8:00	Heart Strong†	TS	Avril			6:00	Creative Cardio	GES	Jameelah
		9:00	Low Impact/Sculpt	GES	Beth			6:30	Correlation Yoga 1*	MBS	Avril
		9:15	Restorative Yoga	MBS	Avril			9:00	Adult Conditioning†	GES	Sharon
		10:00	Heart Strong†	TS	Sharrell			9:00	Sun Tai Chi	MBS	Young
		11:00	Barre*	MBS	Jasmin			10:00	Heart Fit §	GES	Clinton
		11:00	Heart Fit §	GES	Sharon			10:00	Restorative Yoga**	MBS	Avril
		11:45	Tabata Bootcamp	TS	Kandice			11:00	COPD (90)†	GES	Sharrell
		12:00	Power Yoga 1	MBS	Jasmin			11:00	Restorative Yoga	MBS	Jasmin
		12:30	Zumba*	GES	Kandice			12:00	Spin*	Spin	Beverly
		4:30	Zumba*	GES	Kim			1:00	Zumba Tone*	GES	Beverly
		5:00	Heart Strong†	TS	Lauren			4:00	Total Control§	MBS	Jasmin
		5:30	Step & Sculpt	GES	Sidney			4:30	Cardio Strength Fusion*	GES	Erika
		5:30	PiYo*	MBS	Lawanda			5:00	Heart Strong†	TS	Lauren
	5:45	Spin*	Spin	DeeAnn		5:15	15 Minute Abs	GES	Hahns		
	6:15	Power Yoga 2	MBS	Matt		5:30	Zumba*	GES	Carmen		
	6:30	Oh Baby! Prenatal Combo§	GES	Catherine		5:45	Spin*	Spin	DeeAnn		
	7:15	Extreme 90xs/Core*	TS	Mike		6:00	Tai Chi (30 minutes)	MBS	Young		
	7:30	Oh Baby! Pilates §	GES	Catherine		6:30	Correlation Yoga 1	MBS	Melita		
						6:30	Functional Stretching*	GES	Lauren		
Tuesday		5:15	Barre*	MBS	Sharrell	Friday		5:45	Spin*	Spin	Beverly
		5:45	Spin*	Spin	Gwen			7:00	Sunrise Functional Stretching*	MBS	Sharrell
		6:00	Creative Cardio	GES	Jameelah			8:00	Heart Strong†	TS	Sharrell
		6:30	Sunrise Functional Stretching*	MBS	Sharrell			9:00	Low Impact/Sculpt	GES	Maxine
		7:15	Sunrise Tai Chi*	GES	Gail			9:15	Restorative Yoga‡	MBS	Avril
		7:30	Correlation Yoga 1	MBS	Avril			10:00	Oh Baby! Mom & Baby Yoga*§	GES	Josie
		9:00	Adult Conditioning†	GES	Clinton			10:00	Heart Strong†	TS	Clinton
		10:00	Heart Fit†	GES	Sharrell			10:15	Correlation Yoga 2 (90 min)	MBS	Avril
		10:00	Restorative Yoga	MBS	Avril			11:00	COPD (90)†	GES	Jasmin
		11:00	COPD (90)†	GES	Clinton			11:45	Tabata Bootcamp*	TS	Kandice
		11:00	Restorative Yoga	MBS	Jasmin			12:30	Zumba*	GES	Kandice
		12:00	Circuit Training	TS	Kandice			2:00	PINK†	GES	Jasmin
		12:00	Spin*	Spin	Beverly			4:30	Barre*	MBS	Jasmin
		1:00	Cancer Wellfit†	GES	Paige			5:30	Balls, Bands, and Core*	GES	Jameelah
		4:00	Total Control§	MBS	Jasmin						
	4:30	Boot Camp*	GES	Mike							
	5:15	15 Minute Abs	GES	Lauren							
	5:30	Zumba*	GES	Kendra	Saturday		8:45	Spin*	Spin	Christine	
	5:45	Spin*	Spin	Alethia			9:00	Pilates	MBS	TBD	
	6:30	Functional Stretching*	GES	Lauren			9:15	Oh Baby! Mom & Baby Fitness§	GES	Catherine	
						10:15	Oh Baby! Prenatal Toning§	GES	Catherine		
						11:15	Extreme Brunch Workout	GES	Mike		
						10:15	Power Yoga 1	MBS	Melita		
Wednesday		5:45	Spin*	Spin	Beverly	Sunday		12:15	Functional Stretching*	MBS	Lauren
		6:00	Barre	MBS	Sharrell			1:00	Cancer Wellfit†	GES	Hahns
		8:00	Heart Strong†	TS	Sharrell			2:00	PINK†	GES	Lauren
		9:00	Low Impact/Sculpt	GES	Chey			3:30	Power Yoga 1	MBS	Matt
		9:15	Restorative Yoga	MBS	Jasmin						
		10:00	Heart Strong†	TS	Sharon						
		10:30	Oh Baby! Combo§	GES	Erica						
		11:15	Beginner's Meditation	MBS	Avril						
		12:00	Up, Down, Turn Around*	MBS	Avril						
		12:30	Zumba*	GES	Kandice						
		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	Kelly						
	5:30	Zumba*	GES	Kandice							
	5:30	Spin*	Spin	Mike							
	5:30	Oh Baby! Pilates §	MBS	Erica							
	6:30	Extreme 90xs	TS	Mike							

***Please Note:**
Schedules and classes subject to change
 * Denotes a 45 minute class.
 All other classes 60 minutes, unless otherwise noted
 † Medical clearance required.
 ** Yoganidra every third Thursday at 10am
 ‡ Yoganidra every first Friday at 9:15am
 § Requires registration and/or additional cost
 MBS: Mind Body Studio
 GES: Group Exercise Studio
 TS: Train Station
 Spin: Spin Studio
 Last updated: 1/6/2015

