

Group Basic

Start Time	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Start Time
5:45a		CYCLING (45 mins) <i>Michelle Siegfried</i>	Basic Strength <i>Beth Smith</i>	CYCLING (45 mins) <i>Lindsey Lerit</i>	Basic Strength <i>Beth Smith</i>			5:45a
7:30a						CYCLING <i>Lindsey Lerit</i>		7:30a
8:00a					Bi Weekly Cycling <i>Michelle Siegfried</i>		Yoga <i>Vicki Ma</i>	8:00a
8:30a						BODYPUMP <i>Christa Loveless</i>		8:30a
9a					STEP & SCULPT <i>Christa Loveless</i>			9a
9a	AQUA WORKOUT <i>Diane Gray</i>		AQUA WORKOUT <i>Diane Gray</i>		AQUA WORKOUT <i>Susan Snyder</i>			9a
9:30a		CYCLING <i>Jessica Lynam</i>	HIIT <i>Christa Loveless</i>	YOGA <i>Catherine Fournier</i>		ZUMBA <i>Kara</i>		9:30a
12:15p	BODYPUMP <i>Christa Loveless</i>		BODYPUMP <i>Christa Loveless</i>	Boot Camp <i>Jessica Lynam</i>	BODYPUMP <i>Christa Loveless</i>			12:15p
4:00p	Kids Fit (30 min) <i>Lindsey Lerit</i>		Kids Fit (30 min) <i>Lindsey Lerit</i>					4:00p
5:00p	CYCLING <i>Bonnie Willoughby</i>							5:00p
5:30p	BODYPUMP <i>Bonnie Willoughby</i>	CYCLING <i>Lindsey Lerit</i>						5:30p
6:30p	YOGA (90 mins) <i>Bonnie Willoughby</i>	ZUMBA <i>Vera Kochs</i>	BODYPUMP <i>Michele Weatherwax</i>	CYCLING <i>Lindsey Lerit</i>	Yoga <i>Vicki Ma</i>			6:30p
7:45p				AQUA <i>Susan Snyder</i>				7:45p

Group Basic Classes Included with Basic, Duo, and Family	Open Studio time for all membership levels	Bi Weekly Class Included with Basic, Duo and Family	Aqua Classes Included with Basic, Duo and Family
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Updated 12/06/2018