

Group Basic & Class add-on Schedule

Time	Mon	Tues	Wed	Thurs	Fri	Sat	Time
5:45a		CYCLING (45 mins) <i>Lindsey Lerit</i>	Basic Strength <i>Beth Smith</i>	CYCLING (45 mins) <i>Lindsey Lerit</i>			5:45a
7:30a						CYCLING <i>Lindsey Lerit</i>	7:30a
8:30a						Team Training <i>Lindsey Lerit</i>	8:30a
8:30a						BODYPUMP <i>Christa Loveless</i>	8:30a
9a	AQUA WORKOUT <i>Diane Gray</i>		AQUA WORKOUT <i>Diane Gray</i>		AQUA WORKOUT <i>Susan Snyder</i>		9a
9:30a	BOOT CAMP <i>Jessica Lynam</i>	CYCLING <i>Jessica Lynam</i>	HIIT <i>Christa Loveless</i>	YOGA <i>Catherine Fournier</i>	STEP & SCULPT <i>Christa Loveless</i>	ZUMBA <i>Kara</i>	9:30a
9:30a					CYCLING <i>Bonnie Willoughby</i>		9:30a
10:30a					YOGA <i>Bonnie Willoughby</i>		10:30a
12:15p	BODYPUMP <i>Christa Loveless</i>	Team Training <i>Jory Adams</i>	BODYPUMP <i>Christa Loveless</i>	Cardio & Stretch <i>Jory adams</i>	BODYPUMP <i>Christa Loveless</i>		12:15p
3:45p	KIDSFIT <i>Beth Smith</i>		KIDSFIT <i>Beth Smith</i>				3:45p
5:30p	BODYPUMP <i>Bonnie Willoughby</i>	CYCLING <i>Lisa O</i>	Basic Strength <i>Jory Adams</i>	Team Training <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>			6:30p
7:00p		Master Swim <i>Alex S</i>		Master Swim <i>Alex S</i>			7:00p
7:30p				AQUA <i>Susan Snyder</i>			7:30p

Group Basic Classes Included with Basic, Duo, and Family	Unlimited Team Training \$19 per month. Intense Class on the fitness floor	Master Swim \$8 per class
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Open Studio time for all membership levels

Updated 4/1/18