

Group Basic

Time	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Time
5:45a	Basic Strength <i>Beth Smith</i>	CYCLING (45 mins) <i>Michelle Siegfriedt</i>	Basic Strength <i>Beth Smith</i>	CYCLING <i>Lindsey Lerit</i>	Basic Strength <i>Beth Smith</i>			5:45a
7:30a						CYCLING <i>Lindsey Lerit</i>		7:30a
8:00a							Yoga <i>Vicki Ma</i>	8:00a
8:30a						BODYPUMP <i>Christa Loveless</i>		8:30a
9a		Functional Strength <i>Beth Smith</i>		Yoga <i>Belen Garcia</i>	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			HIIT <i>Christa Loveless</i>					9:30a
10:30a								10:30a
12:15p	BODYPUMP <i>Christa Loveless</i>		BODYPUMP <i>Christa Loveless</i>		BODYPUMP <i>Christa Loveless</i>			12:15p
4:30p		Kids Fitness(9-13) <i>Beth Smith</i>		Kids Fitness(9-13) <i>Beth Smith</i>				4:30p
5:15p		Kids Fitness(6-8) <i>Beth Smith</i>		Kids Fitness(6-8) <i>Beth Smith</i>				5:15p
5:00p	CYCLING <i>Bonnie Willoughby</i>							4:00p
5:45p	YOGA (90 mins) <i>Bonnie Willoughby</i>							5:00p
5:30p		CYCLING <i>Lindsey Lerit</i>						5:30p
6:30p			BODYPUMP <i>Michele Weatherwax</i>	CYCLING <i>Lindsey Lerit</i>	Yoga <i>Vicki Ma</i>			6:30p
6:30p		Private Cycling <i>Bothwell</i>						6:30p
7:00p								7:00p
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		Aqua Classes Included with Basic, Duo, and Family		Kids Fitness	

Updated 3/2/2020