



Last Updated: 10/6/2018

Effective: 9/4/2018-12/31/2018

Group Fitness Fall 2018 Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 AM Burn w/Sara	6:00 AM Cycle w/Sara	6:00 AM Burn w/Sara	6:00 AM Cycle w/Cheryl	6:00 AM Burn w/Sara		
7:15 AM Power Circuit w/Cherie	7:15 AM Vinyasa Yoga w/Sara	7:15 AM Barre w/Cherie	7:15 AM Vinyasa Yoga w/Sara	7:15 AM Barre w/Sara		
8:30 AM Restorative Yoga w/Cherie Cycle w/Cary	8:30 AM BodyPump w/Kelly	8:30 AM Restorative Yoga w/Cherie Cycle w/Bruce Burn w/Susan R (court)	8:30 AM BodyPump w/Kelly Battle Ropes w/Sara (court)	8:30 AM Cycle w/Cary Strong w/ Susan	8:00 AM BodyPump w/Katy Cycle w/Katie G.	8:05 AM Burn w/Katy 8:15 AM Cycle/Core w/Megan (75 min)
9:45 AM BodyPump w/Staff Tabata w/Bridget (court)	9:15 AM Power Circuit w/Staff. (court) 9:45 AM Strong w/Amanda Cycle w/Bruce	9:45 AM Cycle Fit w/Bruce Zumba w/Eliana	9:45 AM Fit4All w/Sue I (court) Cycle w/Bruce Hatha Flow Yoga w/Cherie	9:15 AM Power Circuit w/Staff(court) 9:45 AM Barre w/Kako Cycle Fit w/Bruce	9:10 AM Zumba w/Susan 9:15 AM Burn w/ Katy (court)	9:15 AM Yoga w/ Paula
10:50 AM Fit4All w/Sue I (court)	10:50 AM Zumba w/Amanda Fit4All w/Cherie (court)	10:50 AM Fit4All w/Shonagh (court) Barre w/Nazz	10:50 AM Zumba w/Amanda	10:50 AM Fit4All Core w/Katie (court)	10:15 AM BodyFlow w/Holly	10:30 AM Zumba w/Venessa
12:00 PM Cycle IT w/Cheryl (45 min) 12:45 PM Core w/Cheryl (30 min)	12:00 PM Mat Pilates w/Kako	12:00 PM Cycle w/Cheryl	12:00 PM Mat Pilates w/Kako Battle Ropes w/Cheryl (court)	12:00 PM Cycle w/Eryn		11:45 AM Barre w/Nazz
5:30 PM Zumba w/Susan	5:30 PM BodyPump w/Patience Burn w/ Katy (court)	5:30 PM Cycle w/Eryn 5:45 PM Zumba w/Daren	5:30 PM BodyPump w/Patience	5:45 PM Zumba w/Daren		
6:00 PM Battle Ropes w/Katy (court) 6:45 PM Vinyasa Yoga w/Marne	6:45 PM BodyFlow w/ Katy	7:00 PM Vinyasa Yoga w/Marne		7:00 PM Restorative Yoga w/Daniela		