

Member Class Fees: \$7/month or \$20/4 months for Unlimited Classes on this page
 Guest Class Fees: \$35/month or \$130/4 months for Unlimited Classes on this page
 Group Fitness Class Schedule September 1st-December 31, 2018

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:00 - 9:00 am	Walk-n-Talk	Walk-n-Talk	Walk-n-Talk	Walk-n-Talk	Walk-n-Talk	
5:05 - 5:55 am		Vinyasa Flow Yoga (Nicole W)		Vinyasa Flow Yoga (Nicole W)		
5:30 - 6:20 am	Body Blast (Tara W) Cycles (CSC) (Janet M)		Body Blast (Tara W) Cycles (CSC) (Janet M)		Body Blast (Tara W)	
5:45 - 6:30 am	H2O Fitness (Denise B)	Deep H2O (Deb R)	H2O Fitness (Denise B)	Deep H2O (Deb R)	H2O Fitness (Denise B)	
6:00 - 6:50 am		Box Fusion (Natalie S)		Box Fusion (Natalie S)		
6:30-7:00am						
7:00-7:45am	Tai-chi-Intermediate (Kerri B)		Tai-chi-Intermediate (Kerri B)		Tai-chi-Intermediate (Kerri B)	
7:15 - 8:05 am						H2O Fitness (Denise B)
8:00 - 8:50 am	Low-Impact Combo (Clay C) Senior Body Toning (Kerri B) p3 (Water Class)	Yoga Stretch (Alisha K)	Low-Impact Combo (Clay C) Senior Body Toning (Kerri B) p3 (Water Class)	Yoga Stretch (Alisha K)	Low-Impact Combo (Clay C) Senior Body Toning (Kerri B) p3 (Water Class)	Cycling (Nov. Janet M/Lori S)
9:00 - 9:50 am	H2O Senior (Alex W + Sheena F) Fusion Fit (Shaina A) Tai-chi Beginner (Kerri B)	Forever Strong (Heather B) Cardio Dance (Jess K) Power Hour (Chris M)	H2O Senior (Deb R + Sheena F) Fusion Fit (Shaina A) Tai-chi Beginner (Kerri B)	Forever Strong (Heather B) Cardio Dance (Jess K) Power Hour (Chris M)	H2O Senior (TBD + Sheena F) Fit Fusion (Heather B) Tai-chi Beginner (Kerri B)	
10-10:30am	30 min Hydro HIIT (Sheena F) 30 min Hard Core Pilates (Shaina A)		30 min Hydro HIIT (Sheena F) 30 min Hard Core Pilates (Shaina A)		30 min Hydro HIIT (Sheena F)	
10:00-10:50am		No Floor Yoga (Sheena F) Body In Balance (Heather)		No Floor Yoga (Sheena F) Body In Balance (Heather)	B.Y.O.B. (Toshia & Clay Oct.)	
11:00-11:30am		Rest & Recover-R&R (30 min-Jon W)		Rest & Recover-R&R (30 min-Jon W)		
11-11:50am	No Floor Yoga (Jon W)		No Floor Yoga (Jon W)		No Floor Yoga (Jon W)	
11:30 - 12 pm		30 min Hard Core (Toshia B)		30 min Hard Core (Toshia B)		
12:00-12:45 pm	Kickboxing (Clay C) H2O Fitness (Marla S)	Deep H2O (Marla S) FRESHMAN 15 (Student Led- Oct 16th)	Kickboxing (Clay C) H2O Fitness (Deb R)	Deep H2O (Marla S) FRESHMAN 15 (Student Led- Oct 16th)	Kickboxing (Clay C) H2O Fitness (Marla S)	
2:00-2:50pm		Yoga Stretch (Alisha K)		Yoga Stretch (Alisha K)		
3:30-4:20pm	Barre/TRX (Marla S)		Barre/TRX (Marla S)			
4:00-4:30pm						
4:45 - 5:35 pm	Combo Cardio (Clay C)	Cardio Dance (Jess K)	Combo Cardio (Chris M)	Cardio Dance (Jess K)	Combo (Clay C)	
5:45 - 6:35 pm	Yoga Stretch (Beth I) Cycling (Jill G)	Power Flow Yoga (Lacey A) Circuit City (Chris M)	Yoga Stretch (Beth I) Cycling (Jill G)	Power Flow Yoga (Lacey A) Circuit City (Chris M)	Classes in RED Are Offered M/W/F Classes in GREEN are offered M/W Classes in BLUE are offered T/TH Classes in BLACK are offered Once a Week Classes Offered FREE to all W members, Students and Faculty/Staff, Student Led (Must show ID)	
7:00-7:50 pm	Kickboxing (Clay C) Cycling (Nov Sharon C)		Kickboxing (Clay C) Cycling (Nov Sharon C)			
7:30-8:20pm		H2O Combo (Susan D)		H2O Combo (Susan D)		
		Last Updated 9.26.2018				