

West Group Fitness Schedule

effective 12/1/18



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00		Yoga - Chelsea 		Yoga - Chelsea 			
5:15					Pound - Colleen 		
6:00	Yoga 45 min - Lena 	On The Ball 45 min - Rick	Yoga 45 min - Lena 	On the Ball 45 min - Rick			
7:00						Cycle - Marsha	
8:00	Muscle Fire - Sarah	Flex - Susan	Power Up 45 min - Dara	Flex - Susan	Power Up 45 min - Dara		
9:00	Zumba - Jess 		Zumba Toning - Jess 		Rip - Michelle 		
9:15		STRONG by Zumba - Jess 		STRONG by Zumba - Jess 			
12:00	Rip - Michelle 	Tai Chi for Arthritis & Falls Prevention - Nancy	Rip - Marsha 	Tai Chi for Arthritis & Falls Prevention - Nancy	Rip - Kayla 		
1:00		Active Lifestyle Fitness 120 min - Diane		Active Lifestyle Fitness 120 min - Diane			
4:30	STRONG by Zumba - Jess 	Core Galore - Denise		Core Galore - Denise			
5:30	HIIT It - Krista	Cycle - Marsha					
6:30	Pure Power 45 min - Dara	Get Some Weights - Krista	Pure Power 45 min - Dara	Get Some Weights - Krista			
7:30			Room In Use				

December -East Side Group Exercise

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 a.m.	<u>Chelsea</u> Hatha Yoga	<u>Crystal</u> Yoga	<u>Chelsea</u> Hatha Yoga	<u>Crystal</u> Yoga			
8:00 - 8:45 a.m.						<u>Mallory</u> Yoga	
9:00 a.m.	<u>Mary</u> Cycle		<u>Kayla</u> Cycle Explosion		<u>Mary</u> Cycle Cross		
11:00 a.m.		<u>Harry</u> <u>Tia Chi for Health</u>		<u>Harry</u> <u>Tia Chi for Health</u>		<u>Derick</u> Yoga	
12:10 - 12:40	<u>Chelsea</u> Flow Yoga	<u>Rod / Mary</u> Battle Ropes	<u>Chelsea</u> Flow Yoga				
4:00							<u>Crystal</u> Yin Yoga
4:30	<u>Dara</u> Battle Ropes	<u>Mike</u> Kids Boxing 60 min.	<u>Dara</u> Battle Ropes	<u>Mike</u> Kids Boxing 60 min.			
5:00				<u>5:15-6:15</u> <u>Harry</u> <u>Tia Chi for Health</u>			
5:30	<u>Derick</u> Yoga		<u>Mike</u> Intermediate Boxing <u>Derick</u> Yoga				
6:30	<u>Mike</u> Beginning Boxing 60 min.	<u>Mike</u> Fighter Conditioning 60 min.		<u>Mike</u> Fighter Conditioning 60			
7:00	<u>Mike</u> Pro Boxing Training	<u>Mike</u> Pro Boxing Training	<u>Mike</u> Pro Boxing Training	<u>Mike</u> Pro Boxing Training			

Swim Program

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:00						<u>Wendy</u> Water works	
9:00		<u>Wendy</u> Aqua Yoga			<u>Wendy</u> Water works		
5:30	<u>Wendy</u> Water works				<u>Wendy</u> Water works		