



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
12/25	12/26	12/27	12/28	12/29	12/30	12/31
<div>Center CLOSED</div> <div></div> <div>Christmas Day</div>	<div>8:30am ***HIIT</div> <div>Mara G. /AS</div> <div>9:30am **Yoga</div> <div>Cheryl G. /MBS</div> <div>9:30am **Group Cycling</div> <div>Kelly F. /CS</div> <div>10:30am **Cardio Strength</div> <div>Kelly F. /AS</div> <div>5:45pm *Nia</div> <div>Megan F. /MBS</div> <div>6:00pm **Barre</div> <div>Amy H. /AS</div> <div>6:45pm **Vinyasa Yoga</div> <div>Megan F. /MBS</div>	<div>6:00am **Group Cycling EXP 45 min</div> <div>Mara G. /CS</div> <div>8:30am **Group Cycling</div> <div>Brittainy H. /CS</div> <div>8:30am ***Cardio Strength</div> <div>Amanda S. /AS</div> <div>9:15am **Aqua Power</div> <div>Nicole L. /LAP</div> <div>9:30am **Cardio Strength Lite!</div> <div>Stephanie O. /AS</div> <div>9:30am *Quick Core! (30min)</div> <div>Brittainy H. /MBS</div> <div>10:30am **Pilates Level II</div> <div>Stephanie O. /MBS</div> <div>10:30am *Aquacize with Arthritis</div> <div>Nicole L. /WARM</div> <div>5:30pm HIIT Express (45min)</div> <div>Jennifer L. /AS</div> <div>6:30pm **Group Cycling</div> <div>Jennifer L. /CS</div>	<div>6:00am ***Kettlebell HIIT</div> <div>Mara G. /AS</div> <div>7:30am **Strength & Conditioning</div> <div>Angela L. /AS</div> <div>8:30am *Nia</div> <div>Megan F. /MBS</div> <div>8:30am ***Kettlebell HIIT</div> <div>Mara G. /AS</div> <div>8:30am **Group Cycling</div> <div>Kelly F. /CS</div> <div>9:30am *Gentle Yoga</div> <div>Megan F. /MBS</div> <div>9:30am **Cardio Strength</div> <div>Kelly F. /AS</div> <div>10:45am *Functional Flexibility</div> <div>Kelly F. /CR</div> <div>6:15pm **Aqua Power</div> <div>Nicole L. /LAP</div> <div>6:30pm **WERQ</div> <div>Jessica R. /AS</div>	<div>6:00am ***Full Body HIIT</div> <div>Amanda S. /AS</div> <div>7:00am *Aqua Easy Movement</div> <div>Julie P. /WARM</div> <div>8:30am **Group Cycling</div> <div>Lauren K. /CS</div> <div>8:30am **Yoga/Pilates Hybrid (45)</div> <div>Cheryl G. /MBS</div> <div>9:15am **Aqua Power</div> <div>Nicole L. /LAP</div> <div>9:15am *YIN Yoga (45)</div> <div>Cheryl G. /MBS</div> <div>9:30am **Cycling Fusion</div> <div>Kelly F. /CS/AS</div> <div>10:30am *Aquacize with Arthritis</div> <div>Nicole L. /WARM</div> <div>11:00am **Zumba@</div> <div>Jessica R. /AS</div> <div>5:30pm *Pop-Up Fitness Classes:</div> <div>Yoga- Suzanne /MBS</div> <div>HIIT- Jennifer L. /AS</div>	<div>9:00am **Group Cycling</div> <div>Kelly F. /CS</div> <div>10:15am *Functional Flexibility</div> <div>Kelly F. /CR</div>	<div>9:30am **Group Cycling</div> <div>Kelly F. /CS</div>
1/1	1/2	1/3	1/4	1/5	1/6	1/7
<div>Center CLOSED</div> <div></div> <div>New Year's Day</div>	<div>6:00am ***HIIT</div> <div>Mara G. /AS</div> <div>7:30am **Pilates</div> <div>Angela L. /MBS</div> <div>8:30am ***HIIT</div> <div>Mara G. /AS</div> <div>9:30am **Yoga</div> <div>Cheryl G. /MBS</div> <div>9:30am **Group Cycling</div> <div>Kelly F. /CS</div> <div>10:30am **Cardio Strength</div> <div>Kelly F. /AS</div> <div>10:30am *Chair Yoga</div> <div>Jeanette B. / CR</div> <div>4:00pm *Foam Roller Yoga Mix</div> <div>Maureen T. /MBS</div>	<div>6:00am **Group Cycling EXP 45 min</div> <div>Mara G. /CS</div> <div>8:30am **Group Cycling</div> <div>Brittainy H. /CS</div> <div>8:30am ***Cardio Strength</div> <div>Amanda S. /AS</div> <div>9:15am **Aqua Power</div> <div>Nicole L. /LAP</div> <div>9:30am **Cardio Strength Lite!</div> <div>Stephanie O. /AS</div> <div>9:30am *Quick Core! (30min)</div> <div>Brittainy H. /MBS</div> <div>10:30am **Pilates Level II</div> <div>Stephanie O. /MBS</div> <div>10:30am *Aquacize with Arthritis</div> <div>Nicole L. /WARM</div> <div>5:30pm HIIT Express (45min)</div> <div>Jennifer L. /AS</div> <div>6:30pm **Group Cycling</div> <div>Jennifer L. /CS</div> <div>6:30pm **Zumba@</div> <div>Laura M. /AS</div>	<div>6:00am ***Kettlebell HIIT</div> <div>Mara G. /AS</div> <div>7:30am **Strength & Conditioning</div> <div>Angela L. /AS</div> <div>8:30am ***Kettlebell HIIT</div> <div>Mara G. /AS</div> <div>8:30am **Group Cycling</div> <div>Kelly F. /CS</div> <div>9:30am **Cardio Strength</div> <div>Kelly F. /AS</div> <div>10:45am *Functional Flexibility</div> <div>Kelly F. /CR</div> <div>6:15pm **Aqua Power</div> <div>Nicole L. /LAP</div> <div>6:30pm **WERQ</div> <div>Jessica R. /AS</div>	<div>6:00am *** Full Body HIIT</div> <div>Amanda S. /AS</div> <div>7:00am *Aqua Easy Movement</div> <div>Julie P. /WARM</div> <div>8:30am **Group Cycling</div> <div>Lauren K. /CS</div> <div>8:30am **Cardio Strength</div> <div>Erin Z. /AS</div> <div>8:30am **Yoga/Pilates Hybrid (45)</div> <div>Cheryl G. /MBS</div> <div>9:15am **Aqua Power</div> <div>Nicole L. /LAP</div> <div>9:15am *YIN Yoga (45)</div> <div>Cheryl G. /MBS</div> <div>9:30am **Cycling Fusion</div> <div>Kelly F. /CS/AS</div> <div>10:30am *Aquacize with Arthritis</div> <div>Nicole L. /WARM</div> <div>11:00am **Zumba@</div> <div>Jessica R. /AS</div> <div>5:30pm Gratitude Yoga</div> <div>Dianna K. /MBS</div>	<div>9:00am **Group Cycling</div> <div>Kelly F. /CS</div> <div>10:00am **Zumba@</div> <div>Julie M. /AS</div> <div>10:15am *Functional Flexibility</div> <div>Kelly F. /CR</div> <div>11:00 am *Yoga</div> <div>Julie M. /MBS</div> <div>Level Indicator</div> <div>*Beginner</div> <div>All levels welcome, entry level.</div> <div>**Intermediate</div> <div>Most levels welcome, fitness experience and active lifestyle recommended.</div> <div>***Advanced</div> <div>Requires experienced fitness level and conditioned individual.</div> <div>Classes are 60 minutes * unless otherwise indicated</div> <div>*Please Note: Transition time is built into back to back classes. We ask that participants exit quickly so that all classes can start on time.</div>	<div>8:30am ***HIIT</div> <div>Jessica H. /AS</div> <div>9:30am **Group Cycling</div> <div>Kelly F. /CS</div> <div>Class Locations:</div> <div>LAR: Large Aerobic Room</div> <div>CR: Conference Room</div> <div>SAR: Small Aerobic Room</div> <div>FF: Fitness Floor</div> <div>WARM: Therapy Pool</div> <div>LAP: Lap Pool</div> <div></div>

****Pilates Barre Fusion:** The focus in this class is working with good form, building core strength, focusing on common strength imbalances for better posture, control and balance. High repetitions and light weights to focus on stability, mobility and endurance.

A Note on rotating instructors: Style and pace may vary between instructors.

*Please go to your instructor with questions and comments before or after class and they will answer them to the best of their ability.

Megan F. /MBS

Kelly F. /CR

Kelly F. /CS



Tues & Thurs: 4:00pm-7:30pm

Thank you for your understanding.