

REVISED Group Exercise Schedule : June 11 - 13

Normal schedule will resume June 14

| | STUDIO 1 | STUDIO 2 | STUDIO 3 (Conf. Room) | STUDIO 4 (Upstairs) | CYCLE | AQUA | |
|---|--|---|--|---|---|---|--|
| THURSDAY | 5:45 - 6:45 Boxing Pat | 5:45 - 7:00 Power Yoga Linda | | | | ***Indicates a class in the lap pool | |
| | 7:15 - 8:15 Classical Pilates Patti | | | | | | |
| | 8:45 - 9:45 Stepin' Style Vin | 8:20 - 8:50 Express Stretch Christine | | | | | |
| | 9:45 - 10:30 Muscle Definition Vin | | | | 9:15 - 10:15 Cycle Kerri | | |
| | 10:30 Vin | 10:30 - 11:45 Integral Yoga Jayadeva | | | | 9:15 - 10:30 Super Splash Lori*** | |
| | 11:30 Linda | 11:50 - 1:00 Chair/ Gentle Yoga Jayadeva | | | | 10:35 - 11:20 Aqua Sculpt Kerri | |
| | 12:30 - 1:30 Gentle Yoga Michael | | | | 12:15 - 1:15 Cycle Sharon | 11:20 - 12:00 Poolates Christina | |
| | 5:00 - 6:00 Will Power & Grace Linda | 3:45 - 4:45 Pilates Nicole | | | | 5:30 - 6:30 Gentle Tone Terry | |
| | 6:00 Amy/ Vin | 6:15 - 7:15 Step & Abs Roger | | | 6:15 - 7:15 Cycle Sharon | | |
| | 7:15 - 8:00 Boot Camp Danielle | 7:20 - 8:20 Vinyasa Flow Yoga Christine | | | | | |
| | Kerri 8pm | ADDED FOR THIS WEEK ONLY! | | | | | |
| | 5:45 Al | | | | 5:30 - 6:30 Cycle Lisa | ***Indicates a class in the lap pool | |
| 8:30 Al | 8:00 Rita/ Deb | | | 6:50 Al | | | |
| 9:30 Al/ Christina | 9:00 - 9:30 Ramp Strong Rita | 9:30 - 10:30 Intermediate Pilates Martha | | 9:15 - 10:15 Cycle Kerri | 9:15 - 10:15 Cool Cardio Conditioning Lori*** | | |
| 10:30 Ariela | 9:30 - 10:15 Ramping Rita | | | | 10:15 - 11:00 Aqua Sculpt Lori | | |
| | 10:30 - 11:30 Vinyasa Flow Yoga Christine | | | | 11:00 - 11:45 Aqua Arthritis Terry | | |
| 12:15 Al | 12:00 - 1:15 Gentle Yoga Donna | | | | | | |
| 1:30 - 2:30 Gentle Pilates Nicole | | | | | | | |
| 4:30 Linda | Cool down with Christina from 7:35 - 7:45pm | | | 5:30 - 6:25 Cycle Blair | | | |
| LAST CHANCE WORKOUT! 5:30 - 7:30 | 5:30 Maggie | The 6:30pm Power class is cancelled this week only. There is a special Power class on Thursday, 6/10 with Kerri. | | LAST CHANCE WORKOUT! 6:30 - 7:30 | Competitive Stroke Swim 6 - 7 PM | | |
| | 6:30 - 7:45 Power Yoga Valerie | | | | | | |
| 7:45 - 9:00 Boxing Pat | | 7:10 - 8:40 Power Yoga Denise | | 7:30 - 8:30 Cycle Tori | 7:30 - 9:00 Swim for Fitness Aaron | | |
| | 8:15 Rita | Hospital Event | 8:00 - 8:55 Hatha Yoga Kathleen | | 9:00 - 9:45 Cardio Tone Kerri*** | | |
| 9:00 - 10:10 Aerostep & Abs Jen | 9:15 - 9:30 Introduction to Tai Chi Donna | | 9:00 - 10:00 Pilates Phil | 9:00 - 10:00 Cycle Nina | 9:45 - 10:30 Aqua Sculpt Kerri | | |
| 10:10 Christina | 9:30 - 10:30 Tai Chi Donna | | | 10:10 - 11:10 Cycle Sharon | 10:30 - 11:30 Parent & Me | | |
| 11:15 Christina | 10:30 - 11:30 Will Power & Grace Deb | | | | 3:00-5:00 Family Swim | | |
| 12:35 Amy | 11:30 Deb | | | | | | |
| 7:25 Tori | | Hospital Event | | | ***Indicates a class in the lap pool | | |
| 8:30 Tori | 8:30 Al | | 8:15 - 9:30 Sunrise Yoga Valerie | | | | |
| 9:30 Renee | 9:30 - 11:00 Power Yoga Denise | | | | 9:15 - 10:15 Aqua Sculpt Lori | | |
| 10:30 Renee | | | | 10:00 - 11:00 Cycle Tori | 10:15 - 11:15 Cardio Tone Lori *** | | |
| 11:35 Danielle | 11:45 - 1:00 Gentle Yoga Valerie | | | | 3:00-5:00 Family Swim | | |
| SATURDAY | | | | | | | |
| SUNDAY | | | | | | | |