

GROUP FITNESS

January 2018

MONDAY AM 1/8	TUESDAY AM 1/9	WEDNESDAY AM 1/10	THURSDAY AM 1/11	FRIDAY AM 1/12	SATURDAY AM 1/13	SUNDAY AM 1/14
5:45 *rhythm ride Linda 4	5:45 vinyasa yoga Shelanda/Maura 1	5:45 body breakthru Beth 3	5:45 vinyasa yoga Ellen/Jen 1	5:45 *hilit cycle Dawn 4	7:10 body breakthru Marisha 3	7:15 zumba ® Kim 3
5:45 strength (45) Dianne 3	6:00 team kick Cindy 3	5:45 *studio cycle Kara 4	5:45 *studio ride Diane 4	6:00 *barre Lisa 1	7:10 *retro ride Linda 4	8:15 head to toe Sandy 3
8:15 vinyasa yoga Martha 1	8:15 prime movers Sandy 1	6:30 core (15) Beth 3	8:15 prime movers Michelle 1	8:15 prime c.b.s Sandy 3	8:15 cardio muscle mix Jenn 1	8:30 *rev cycle Diane 4
8:15 body breakthru Cheryl 3	8:30 zumba ® Dee 3	7:45 gentle yoga Amy 3	8:15 body breakthru AnnMarie 3	8:15 *barre Dawn 1	8:15 low heat vinyasa yoga Elyse 3	9:00 mat pilates Kara 1
9:20 team kick Cindy 3	9:30 *barre Lisa 1	9:00 cardio muscle mix Linda 3	9:30 *barre-lates Amy 1	9:20 zumba ® Dee 3	8:15 *club cycle Linda 4	9:30 step Sandy 3
9:30 mat pilates Dani 1	9:30 3-2-1 Shred Michelle 4	9:00 power vinyasa yoga Sagarika 1	9:30 *rev cycle Linda 4	9:30 vinyasa yoga Izzy 1	9:30 zumba ® Dee 3	10:45 gentle yoga (75) Amy/Christy 3
10:30 head to toe Jennifer 3	9:30 *studio cycle Linda 4	9:30 *rhythm ride Lauren H. 1	10:30 tabata Lisa 3	10:30 head to toe Jennifer 3	9:45 vinyasa yoga Elyse 1	11:00 *barre beatz Cindy 1
10:30 body beatz Lauren H. 1	10:30 *barre beatz Cindy 1	10:30 head to toe Cheryl 3		11:00 *barre beatz Cindy 1	10:45 head to toe Linda 3	
					11:00 gentle yoga Elyse 1	

MONDAY PM	TUESDAY PM	WEDNESDAY PM	THURSDAY PM	FRIDAY PM	SATURDAY PM	SUNDAY PM
5:00 step (30) Sandy 3	1:00 vinyasa yoga Martha 1	4:30 gentle yoga Claudia 1	1:00 *barre Lisa 1	5:00 yoga & meditation Elyse 3	2:00 *barre-n- burn Samantha 1	3:30 vinyasa yoga Ellen 1
5:35 strength (30) Sandy 3	4:30 *barre beatz Lauren H. 1	5:30 body beatz Cindy 3	4:30 3-2-1 Shred Marisha 3			
5:30 gentle yoga Claudia 1	5:15 head to toe Sandy 3	6:30 *rev cycle Marisha 4	5:30 head to toe Sandy 3	5:15 *barre beatz Pia 1		
6:00 *rev ride Linda 4	6:30 3-2-1 shred Lisa 1	6:30 zumba ® Dee 3	6:15 vinyasa yoga Izzy 1			
6:15 cardio muscle mix Beth 3	6:30 *barre Izzy 1	7:30 *barre-lates Pia 1	6:30 body beatz Lauren H. 3			
6:45 *barre Pia 1	7:30 yogalates Elyse 3					
7:00 zumba ® Kim 3						

SUMMER CLUB HOURS

monday - thursday 5 am - 9 pm
 friday 5 am - 8 pm
 saturday + sunday 7 am - 5 pm

STUDIOS

studio 1 mind and body
 studio 3 pure energy
 studio 4 cycling



fitness unlimited

HEALTH CLUB FOR WOMEN

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