

Group Exercise Schedule – January 2022

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
5:45 AM	Bootcamp (F or A) Clarence 60 min	Bootcamp (F or A) Donna 60 min	Cycle (O/A) Donna – 45 min	Bootcamp (F or A) Donna – 60 min	Cycle (O/A) Beth 45 min			
6:00 AM			Yoga (SA/V) Kathryn 60min					
7:00 AM	Chair Yoga (SA/V) Kathryn 60 min		Chair Yoga (SA/V) Kathryn – 60 min		Chair Yoga (SA/V) Kathryn 60 min			
7:30 AM		Yoga Flow (SA/V) Raman 45 min						
8:00 AM						Cycle (O/A) Shira/Caroline 45 min		
8:30AM	Swimnastics (SP) Kathryn 45min	Dance (A/V) Katherine R. 45 min	Total Body Hiit (SA/V) Nicole 45min	Swimnastic (SP) Kathryn 45min	DANCE (A/V) Katherine R. 45 min			
9:00 AM	Muscle/Stretch (SA/V) Heidi 50min					Body Weight & Stretch Heidi (SA/V) 50 min		
9:30 AM	Cycle (O/A) Caroline W. 45 min	Cycle (A) Lauren 45min	Swimnastics (SP) Louise 45min	Cycle (A) Nicole 45 min	Cycle (A) Lauren 45min	Swimnastics (SP) Louise 45min	Cycle (O/A) Caroline W. or Sarah 45 min	Zumba (A/V) Edith 45 min
10:00 AM	Keeping Fit (SA/V) Michelle 50 min	Barre: Pilates in Motion (SA/V) Jessica 60 min	Keeping Fit (SA/V) Michelle 50 min			Keeping Fit (G/V) Michelle 50 min	Bolly X (A/V) Kim/Heather 50 min	
10:30 AM		Have A Ball (A) Lauren 60 min		Have A Ball (A) 60 min Lauren		Dancing Fit (SA) Louise 60 min		
11:00 AM	Pilates (SA/V) Tracy 60 min		Pilates (SA/V) Tracy 60 min			Pilates (A/V) Jessica 60 min	11:15 Cycle (A) Caroline V. 45min	
2:30						Step `n Sculpt (A/V) Lisa 45min		
5:00 PM		Yoga (SA/V) Michelle 60 min						
5:30					Yoga (SA/V) Michelle 60 min			
6:00 PM		Cycle (O/A) Clarence 45 min	Zumba (A/V) Edith 45 min	Cycle (A) Caroline V. 45 min				
6:15 PM	Cycle (A) Caroline V. 45 min	ShiNE Dance (SA+ V) 6:15pm Tyla 45min						
7:00 PM	Zumba (A) Lin 45min *Jan 10 on	Muscle Condition (A) Rosella 60 min	Pound Fit (SA/V) Tyla 45min	Muscle Condition (A) Rosella 60 min				
7:30PM				7:30 Zumba Step (SA/V) Lin 45min				
	(A) = Auditorium	(G) = Gym	(O) = Outside	(SA) = Studio A		(V) = Virtual		