

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:45 AM	Bootcamp (F or A) Clarence 60 min		Cycle (O/A) Donna – 45 min	Bootcamp (F or G) Donna – 60 min	Cycle (O/A) Beth 45 min		
6:00 AM			Yoga (SA/V) Kathryn 60min				
7:00 AM	Seated Yoga 60min (SA/V) Kathryn		Seated Yoga (SA/V) Kathryn – 60 min		Seated Yoga (SA/V) Kathryn 60 min		
7:30 AM		Flow Yoga (SA/V) Raman 45 min					
8:00 AM						Cycle (O/A) Shira/Caroline 45 min	
8:15 AM	Aqua Fit (SP) Kathryn 45min	8:15 Aqua Fit (SP) Louise 45min	Aqua Fit (SP) Kathryn 45min	8:15 Aqua Fit (SP) Louise 45min			
8:30AM		**Dance with Katherine will return Aug. 16th**	Total Body Hiit Nicole (SA/V) 45min	**Dance with Katherine will return Aug. 16th**			
9:00 AM	Muscle/Stretch (SA/V) Heidi 50min				Body Weight & Stretch Heidi (SA/V) 50 min	Step 'n Sculpt (SA/V) Lisa 45 min	
9:30 AM	Cycle (O/A) Caroline W. 45 min	Cycle (A) Lauren 45min	Cycle (O/A) Nicole 45 min	Cycle (A) Lauren 45min	Cycle (O/A) Caroline W. or Sarah 45 min	Zumba (A/V) Edith 45 min	
10:00 AM	Keeping Fit (G/V) Michelle 50 min	Barre: Pilates in Motion (SA/V) Jessica 60 min	Keeping Fit (G/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) Lauren 60 minutes	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 (O) Caroline V. 45min
2:30							
5:00 PM		Flow Yoga (SA/V) Michelle 60 min					
5:30							
6:00 PM	Cycle (O) Caroline V. 45 min		Zumba (A/V) Edith 45min	Cycle (O) Caroline V. 45 min			
6:15 PM		Dance Cardio (SA/V) Annie		6:30 Bolly X , Virtual Only Shamila 45min			
7:00 PM	Zumba (A/V) Lin 45min	Muscle Conditioning (A) Rosella 60 min	Karate (SA) Peyman	Muscle Conditioning (A) Rosella 60 min			
7:30PM							
Group Exercise July 2022							
(A) = Auditorium		(G) = Gym		(O) = Outside		(SA) = Studio A	
						(V) = Virtual	

