

Group Fitness

JUNE 2018

SUN	MON	TUE	WED	THU	FRI	SAT
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New for June

AQUA BOOT CAMP

MONDAYS 6:00 A.M.
TUESDAYS 9:00 A.M.
THURSDAYS 9:00 A.M.
SATURDAYS 11:00

This class is full of fun and energizing activities designed to help you reach your fitness goals now! The exercises are performed in water that is chest deep as well as deep water and no swimming skills are needed to participate. Regardless of your age, size, or fitness level, you can achieve very noticeable results. Whether you are a beginner, an avid fitness enthusiast or simply looking for a new type of workout, this aquatic adventure is for you! Aqua Boot Camp can be an excellent workout for those whose schedules allow just one day a week to attend. Or, it can be a wonderful addition to participating in some of our other programs.

One thing is certain – you will have a blast!

1	2
6:00 HIIT 45 (1) 6:00 SPIN (2) 8:30 BP (1) 8:30 Pilates (3) 9:00 Aqua (P) 9:35 BF (3) 9:30 KB (1) 10:00 Joint (P) 10:30 GL (1) 10:40 Yoga (3) 11:00 Aqua (P) 11:30 BST/BP 75 (1) 12:00 SPIN (2) 1:00 Zumba Gold (1) 1:30 Parkinsons (2) 2:15 Feldenkrais (3) 4:30 Step Sculpt (1) 5:30 BP (1) 6:30 BodyAttack (1)	Allison Joe Carla Wendy Shannon Carla Kristi Wendy Kate Carla Nancy Stephanie Katie Debbie Julie Debbie Julie Danielle Stacie

3	4	5	6	7	8	9					
11:30 BST/BP 90 (1) 12:00 SPIN (2) 1:00 M&M 45 (1) 1:00 Yoga (3) 1:50 BC (1) 2:15 Barre (3) 3:15 GF Yoga 45 (3) 2:55 BP (1) 4:00 Zumba/CD (1) 4:05 BF (3)	6:00 Aqua Boot Camp 6:00 BC/BP (1) 6:00 SPIN (2) 8:00 Barre (3) 8:15 BST (1) 9:00 Aqua (P) 9:00 PL (3) 9:15 PM 45 (1) 10:00 Joint (P) 10:05 CXworx (1) 10:15 Yoga (3) 10:45 GL (1) 11:00 Aqua (P) 12:00 BF (3) 12:00 SPIN (2) 1:00 Cardio Str. (1) 4:30 CS 45 (1) 5:00 POUND (3) 5:15 Total Core (1) 5:45 BA 45 (1) 6:00 Aqua (P) 6:00 Yoga (3) 6:30 BP (1) 7:15 SPIN (2) 7:30 Zumba (1)	6:00 BA (1) 6:00 BF (3) 8:00 T&B (3) 8:30 SPIN (2) 8:30 KB (1) 9:00 Aqua Boot Camp 9:00 BF (3) 9:30 BA (1) 10:00 Yoga (3) 10:30 BP (1) 11:00 Joint (P) 11:00 Barre (3) 12:00 M&M 45 (1) 12:00 Zumba/CD (3) 1:00 Aqua Flow (P) 1:30 Parkinson's (2) 4:30 BST/BP 70 (1) 4:30 Barre (3) 5:30 BF (3) 5:45 PM 45 (1) 6:30 Spin-RPM (2) 6:30 BC (1) 6:35 Barre 30 (3)	Shana Lara Kate Cindy Shana Stephanie Susan Cassie Stacie Susan Allison/Stacie Lara Susan Allison Dani Debbie Kari Sarah Linda Kristi Mary Alex Meg Ashley Mary Alex	6:00 HIIT 45 (1) 6:00 SPIN (2) 8:30 PM (1) 9:00 Aqua-DW (P) 9:00 PL (3) 9:30 CS 45 (1) 10:00 Joint (P) 10:15 CXworx (1) 10:15 Yoga (3) 10:45 GL (1) 11:00 Aqua (P) 11:30 Beg Tai Chi (3) 12:00 BP 45 (1) 12:00 SPIN (2) 12:30 Int Tai Chi (3) 1:00 T&B (1) 2:15 GF Yoga (1) 5:00 POUND (3) 5:00 Zumba/CD (1) 5:45 Spin-RPM (2) 6:00 Aqua (P) 6:00 BP (1) 6:00 Yoga (3) 7:00 Feldenkrais (3)	Kate Joe Dani Lara Karen Shana Donna Shana Karen Shana Donna Sarah Katie Susan Susan Kristi Chloe Ashley Chloe Danielle Lori Debbie	6:00 BP (1) 8:00 T&B (3) 8:30 SPIN (2) 8:30 BSS (1) 9:00 Aqua Boot Camp 9:30 BF (3) 9:30 BST (1) 10:30 Feldenkrais (3) 12:00 BP (1) 12:00 Zumba /CD (3) 12:00 M&M 45 (1) 1:30 Parkinsons (2) 4:30 BA (1) 4:30 Barre (3) 5:30 BST 45 (1) 5:30 BF (3) 6:20 Total Core 20 (1) 6:30 PM (3) 6:45 BC 45 (1) 7:30 Zumba/CD (1)	Nancy Debbie Kari Eric Dani Ashleigh Debbie Cassie/Stephanie Julie Mary Alex Nancy Shannon Karen Stacie Danielle Stacie Kristi Ashley Ildiko	6:00 HIIT 45 (1) 6:00 SPIN (2) 8:30 BP (1) 8:30 Pilates (3) 9:00 Aqua (P) 9:35 BF (3) 9:30 KB (1) 10:00 Joint (P) 10:30 GL (1) 10:40 Yoga (3) 11:00 Aqua (P) 11:30 BodyAttack (1) 12:00 SPIN (2) 1:00 Zumba Gold (1) 1:30 Parkinsons (2) 2:15 Feldenkrais (3) 4:30 Step Sculpt (1) 5:30 BP (1) 6:30 BodyCombat (1)	Nancy Shana Lara Ashleigh Kristi Lara Stephanie Kristi Lori Alesia Katie Sarah Wendy Debbie Julie Debbie Dani Megan Rebecca	8:00 BST (1) 8:00 SPIN (2) 9:00 Aqua (P) 9:00 BP (1) 9:00 BF (3) 10:00 BA (1) 10:00 POUND (3) 11:00 Aqua Boot Camp 11:00 PM(1) 11:15 Yoga(3) 12:00 Zumba/CD (1) 12:30 Barre (3)	Stephanie Joe Pam Nancy/Stephanie Cassie Ashley Cassie Sommer Kate Susan Allyson Mary Alex

(1) = Studio #1 (2) = Studio #2 (3) = Studio #3 (P) = Pool

All classes are 50-55 minutes in length Unless otherwise noted with a number after (ie... BST/BP 90, class is 90 minutes in length)

BA=BodyAttack	BC= BodyCombat	BF=BodyFlow	BP=BodyPump	BST=Body Step	BSS=Bosu, Stability, Strength	CS=Cardio Step	FF=Forever Fit	GL=Go Low
HIIT=High Intensity Interval Training	KB=Kickboxing	M&M=Metabolic Meltdown	PYF = Pilates Yoga Fusion	PL=Pilates	PM=Pure Muscle	T&B=Tone & Balance		
Indoor Cycling..... SPIN Classes will focus on Coach by Color and FTW (Functional Threshold Watt) training					Spin-RPM—Les Mills Indoor Cycling Program			

10	11	12	13	14	15	16							
11:30 BST/BP 90 (1) 12:00 SPIN (2) 1:00 M&M 45 (1) 1:00 Yoga (3) 1:50 BC (1) 2:15 Barre (3) 3:15 GF Yoga 45 (3) 2:55 BP (1) 4:00 Zumba/CD (1) 4:05 BF (3)	Lara Nancy Lara Wendy Sarah Linda Carla Sarah/Ashley Dani Carla	6:00 Aqua Boot Camp 6:00 BST/BP (1) 6:00 SPIN (2) 8:00 Barre (3) 8:15 BST (1) 9:00 Aqua (P) 9:00 PL (3) 9:15 PM 45 (1) 10:00 Joint (P) 10:05 CXworx (1) 10:15 Yoga (3) 10:45 GL (1) 11:00 Aqua (P) 12:00 BF (3) 12:00 SPIN-RPM (2) 1:00 Cardio Str. (1) 4:30 CS 45 (1) 5:00 POUND (3) 5:15 CXworx (1) 5:45 BA 45 (1) 6:00 Aqua (P) 6:00 Yoga (3) 6:30 BP (1) 7:15 SPIN (2) 7:30 Zumba (1)	Kate Nancy Kari Chloe Carla Stephanie Deb Sommer Lara Carla Lori Dani Lara Katie Erika Pam Sunny Megan Shannon Shannon Kristi Wendy Megan/Ashley Chris O Ildiko	6:00 BA (1) 6:00 BF (3) 8:00 T&B (3) 8:30 SPIN (2) 8:30 KB (1) 9:00 Aqua Boot Camp 9:00 BF (3) 9:30 BA (1) 10:00 Yoga (3) 10:30 BP (1) 11:00 Joint (P) 11:00 Barre (3) 12:00 M&M 45 (1) 12:00 Zumba/CD (3) 1:00 Aqua Flow (P) 1:30 Parkinson's (2) 4:30 BST/BP 70 (1) 4:30 Barre (3) 5:30 BF (3) 5:45 PM 45 (1) 6:30 Spin-RPM (2) 6:30 BC (1) 6:35 Barre 30 (3)	Kate Lara Kate Shana Stephanie Chloe Cassie Eric Susan Cassie/Stacie Karen K Shana Mary Alex Olga Debbie Kari Alesia Sunny Linda Katie Megan Ashley Linda	6:00 HIIT 45 (1) 6:00 SPIN (2) 8:30 PM (1) 9:00 Aqua-DW (P) 9:00 PL (3) 9:30 CS 45 (1) 10:00 Joint (P) 10:15 CXworx (1) 10:15 Yoga (3) 11:00 Aqua (P) 11:30 Beg Tai Chi (3) 12:00 BP 45 (1) 12:00 SPIN (2) 12:30 Int Tai Chi (3) 1:00 T&B (1) 2:15 GF Yoga (1) 5:00 POUND (3) 5:00 Zumba/CD (1) 5:45 Spin (2) 6:00 Aqua (P) 6:00 BP (1) 6:00 Yoga (3) 7:00 Feldenkrais (3)	Allison Nancy Cassie Donna Karen Carla Donna Carla Karen Julie Shannon Bill/Linda Megan Lori Bill/Linda Susan Susan Allyson Dani Meg Kate Stacie Alesia Debbie	6:00 BP (1) 8:00 T&B (3) 8:30 SPIN (2) 8:30 BSS (1) 9:00 Aqua Boot Camp 9:30 BF (3) 9:30 BST (1) 10:30 Feldenkrais (3) 10:30 BP (1) 12:00 Zumba /CD (3) 12:00 M&M 45 (1) 1:30 Parkinsons (2) 4:30 BA (1) 4:30 Barre (3) 5:30 BST 45 (1) 5:30 BF (3) 6:20 Total Core 20 (1) 6:30 PM (3) 6:45 BC 45 (1) 7:30 Zumba/CD (1)	Danielle Kari Wendy Kate Lori Stacie Debbie Stephanie/Allison Julie Dani Nancy Ashley Mary Alex Sunny Ashleigh Shannon Kristi Shannon Ildiko	6:00 HIIT 45 (1) 6:00 SPIN (2) 8:30 BP (1) 8:30 Pilates (3) 9:00 Aqua (P) 9:35 BF (3) 9:30 KB (1) 10:00 Joint (P) 10:30 GL (1) 10:40 Yoga (3) 11:00 Aqua (P) 11:30 BST/BP 75 (1) 12:00 SPIN (2) 1:00 Zumba Gold (1) 1:30 Parkinsons (2) 2:15 Feldenkrais (3) 4:30 Step Sculpt (1) 5:30 BP (1) 6:30 BodyAttack (1)	Sommer Joe Cassie Ashleigh Sunny Kristi Shana Wendy Stephanie Shana Wendy Lara Katie Debbie Julie Debbie Ashleigh Alesia Megan Stacie	8:00 BST (1) 8:00 SPIN (2) 9:00 Aqua (P) 9:00 BP (1) 9:00 BF (3) 10:00 BA (1) 10:00 POUND (3) 11:00 Aqua Boot Camp 11:00 PM(1) 11:15 Yoga(3) 12:00 Zumba/CD (1) 12:30 Barre (3)	Sarah Joe Kari Sarah/Alesia Danielle Shana Kristi Dani Sommer Sunny Ildiko Sunny
17	18	19	20	21	22	23							
11:30 BST/BP 90 (1) 12:00 SPIN-RPM (2) 1:00 M&M 45 (1) 1:00 Yoga (3) 1:50 BC (1) 2:15 Barre (3) 3:15 GF Yoga 45 (3) 2:55 BP (1) 4:00 Zumba/CD (1) 4:05 BF (3)	Stacie Ashley Kate Susan Ashley Linda Susan Lara/Danielle Alllyson Linda	6:00 Aqua Boot Camp 6:00 BC/BP (1) 6:00 SPIN (2) 8:00 Barre (3) 8:15 BST (1) 9:00 Aqua (P) 9:00 PL (3) 9:15 PM 45 (1) 10:00 Joint (P) 10:05 CXworx (1) 10:15 Yoga (3) 10:45 GL (1) 11:00 Aqua (P) 12:00 BF (3) 12:00 SPIN (2) 1:00 Cardio Str. (1) 4:30 CS 45 (1) 5:00 POUND (3) 5:15 CXworx (1) 5:45 BA 45 (1) 6:00 Aqua (P) 6:00 Yoga (3) 6:30 BP (1) 7:15 SPIN (2) 7:30 Zumba (1)	Sommer Ashley Meg Shana Lara Stephanie Deb Eric Stephanie Eric Wendy Eric Dani Katie Chris Pam Alesia Megan Shannon Sarah Shannon Wendy Sarah/Ashley Chris O Ildiko	6:00 BA (1) 6:00 BF (3) 8:00 T&B (3) 8:30 SPIN (2) 8:30 KB (1) 9:00 Aqua Boot Camp 9:00 BF (3) 9:30 BA (1) 10:00 Yoga (3) 10:30 BP (1) 11:00 Joint (P) 11:00 Barre (3) 12:00 M&M 45 (1) 12:00 Zumba/CD (3) 1:00 Aqua Flow (P) 1:30 Parkinson's (2) 4:30 BST/BP 70 (1) 4:30 Barre (3) 5:30 BF (3) 5:45 PM 45 (1) 6:30 Spin (2) 6:30 BC (1) 6:35 Barre 30 (3)	Shana Lara Kari Cindy Alesia Kari Cassie Ashley Susan Megan/Allison Karen K Mary Alex Mary Alex Cassie Debbie Kari Stacie Karen Kristi Chloe Stephanie Ashley Chloe	6:00 HIIT 45 (1) 6:00 SPIN (2) 8:30 PM (1) 9:00 Aqua-DW (P) 9:00 PL (3) 9:30 CS 45 (1) 10:00 Joint (P) 10:15 CXworx (1) 10:15 Yoga (3) 10:45 GL (1) 11:00 Aqua (P) 11:30 Beg Tai Chi (3) 12:00 BP 45 (1) 12:00 SPIN (2) 12:30 Int Tai Chi (3) 1:00 T&B (1) 2:15 GF Yoga (1) 5:00 POUND (3) 5:00 Zumba/CD (1) 5:45 Spin (2) 6:00 Aqua (P) 6:00 BP (1) 6:00 Yoga (3) 7:00 Feldenkrais (3)	Allison Nancy Kate Donna Karen Shana Donna Shana Karen Dani Kate Stephanie Katie Bill/Linda Stephanie Katie Bill/Linda Susan Lori Alesia Chloe Megan Kristi Stacie Sunny Debbie	6:00 BP (1) 8:00 T&B (3) 8:30 SPIN (2) 8:30 BSS (1) 9:00 Aqua Boot Camp 9:30 BF (3) 9:30 BST (1) 10:30 Feldenkrais (3) 10:30 BP (1) 12:00 Zumba /CD (3) 12:00 M&M 45 (1) 1:30 Parkinsons (2) 4:30 BA (1) 4:30 Barre (3) 5:30 BST 45 (1) 5:30 BF (3) 6:20 Total Core 20 (1) 6:30 PM (3) 6:45 BC 45 (1) 7:30 Zumba/CD (1)	Nancy Debbie Erika Katie Stephanie Lara Sarah Debbie Lara/Ashley Julie Dani Nancy Kane Stephanie Kate Shana Linda TBA Linda Allyson	6:00 HIIT 45 (1) 6:00 SPIN (2) 8:30 BP (1) 8:30 Pilates (3) 9:00 Aqua (P) 9:35 BF (3) 9:30 KB (1) 10:00 Joint (P) 10:30 GL (1) 10:40 Yoga (3) 11:00 Aqua (P) 11:30 BodyAttack (1) 12:00 SPIN (2) 1:00 Zumba Gold (1) 1:30 Parkinsons (2) 2:15 Feldenkrais (3) 4:30 Step Sculpt (1) 5:30 BP (1) 6:30 BodyCombat (1)	Sommer Kari Alesia Sunny Kristi Danielle Alesia Kristi Chloe Lori Katie Shannon Lara Debbie Julie Debbie TBA Danielle Rebecca	8:00 BST (1) 8:00 SPIN (2) 9:00 Aqua (P) 9:00 BP (1) 9:00 BF (3) 10:00 BA (1) 10:00 POUND (3) 11:00 Aqua Boot Camp 11:00 PM(1) 11:15 Yoga(3) 12:00 Zumba/CD (1) 12:30 Barre (3)	Sunny Meg Linda Megan/Stacie Kristi Eric Kristi Sommer Susan Ildiko Susan
24	25	26	27	28	29	30							
11:30 BST/BP 90 (1) 12:00 SPIN (2) 1:00 M&M 45 (1) 1:00 Yoga (3) 1:50 BC (1) 2:15 Barre (3) 3:15 GF Yoga 45 (3) 2:55 BP (1) 4:00 Zumba/CD (1) 4:05 BF (3)	Stacie Katie Eric Lori Rebecca Shana Shana Carla/Allison Fumika Carla	6:00 Aqua Boot Camp 6:00 BST/BP (1) 6:00 SPIN (2) 8:00 Barre (3) 8:15 BST (1) 9:00 Aqua (P) 9:00 PL (3) 9:15 PM 45 (1) 10:00 Joint (P) 10:05 CXworx (1) 10:15 Yoga (3) 10:45 GL (1) 11:00 Aqua (P) 12:00 BF (3) 12:00 SPIN (2) 1:00 Cardio Str. (1) 4:30 CS 45 (1) 5:00 POUND (3) 5:15 CXworx (1) 5:45 BA 45 (1) 6:00 Aqua (P) 6:00 Yoga (3) 6:30 BP (1) 7:15 SPIN (2) 7:30 Zumba (1)	Sommer Stephanie Kari Sunny Carla Stephanie Deb Carla Lara Carla Carla Eric Danielle Katie Pam Shana Alesia Shana Shana Kristi Wendy Megan/Ashley Chris O Ildiko	6:00 BA (1) 6:00 BF (3) 8:00 T&B (3) 8:30 SPIN (2) 8:30 KB (1) 9:00 Aqua Boot Camp 9:00 BF (3) 9:30 BA (1) 10:00 Yoga (3) 10:30 BP (1) 11:00 Joint (P) 11:00 Barre (3) 12:00 M&M 45 (1) 12:00 Zumba/CD (3) 1:00 Aqua Flow (P) 1:30 Parkinson's (2) 4:30 BST/BP 70 (1) 4:30 Barre (3) 5:30 BF (3) 5:45 PM 45 (1) 6:30 Spin-RPM (2) 6:30 BC (1) 6:35 Barre 30 (3)	Stacie Lara Kari Lori Stephanie Wendy Cassie Eric Shana Karen K Shana Sommer Chloe Debbie Kari Alesia Linda Karen Kate Megan Ashley Karen	6:00 HIIT 45 (1) 6:00 SPIN (2) 8:30 PM (1) 9:00 Aqua-DW (P) 9:00 PL (3) 9:30 CS 45 (1) 10:00 Joint (P) 10:15 CXworx (1) 10:15 Yoga (3) 10:45 GL (1) 11:00 Aqua (P) 11:30 Beg Tai Chi (3) 12:00 BP 45 (1) 12:00 SPIN (2) 12:30 Int Tai Chi (3) 1:00 T&B (1) 2:15 GF Yoga (1) 5:00 POUND (3) 5:00 Zumba/CD (1) 5:45 Spin (2) 6:00 Aqua (P) 6:00 BP (1) 6:00 Yoga (3) 7:00 Feldenkrais (3)	Nancy Lara Lori Alesia Karen Dani Donna Shana Karen Shana Donna Bill/Linda Cassie TBA Bill/Linda Kate Wendy Allyson Sunny Meg Chloe Megan Debbie	6:00 BP (1) 8:00 T&B (3) 8:30 SPIN (2) 8:30 BSS (1) 9:00 Aqua Boot Camp 9:30 BF (3) 9:30 BST (1) 10:30 Feldenkrais (3) 10:30 BP (1) 12:00 Zumba /CD (3) 12:00 M&M 45 (1) 1:30 Parkinsons (2) 4:30 BA (1) 4:30 Barre (3) 5:30 BST 45 (1) 5:30 BF (3) 6:20 Total Core 20 (1) 6:30 PM (3) 6:45 BC 45 (1) 7:30 Zumba/CD (1)	Nancy Wendy Kari Eric Kate Lara Stephanie Debbie Ashley/Stephanie Alex Mary Alex Nancy Ashley Chloe Alesia Sommer Rebecca Fumika	6:00 HIIT 45 (1) 6:00 SPIN (2) 8:30 BP (1) 8:30 Pilates (3) 9:00 Aqua (P) 9:35 BF (3) 9:30 KB (1) 10:00 Joint (P) 10:30 GL (1) 10:40 Yoga (3) 11:00 Aqua (P) 11:30 BST/BP 75 (1) 12:00 SPIN (2) 1:00 Zumba Gold (1) 1:30 Parkinsons (2) 2:15 Feldenkrais (3) 4:30 Step Sculpt (1) 5:30 BP (1) 6:30 BodyAttack (1)	Kate Joe Allison Lori Chloe Kristi Shana Shana Wendy Dani Alesia Nancy Lara Chris Debbie Julie Debbie Ashleigh Sunny Kate Karen Dani Karen	8:00 BST (1) 8:00 SPIN (2) 9:00 Aqua (P) 9:00 BP (1) 9:00 BF (3) 10:00 BA (1) 10:00 POUND (3) 11:00 Aqua Boot Camp 11:00 PM(1) 11:15 Yoga(3) 12:00 Zumba/CD (1) 12:30 Barre (3)	Stacie Sheila Kristi Sheila/Stacie Ashleigh Shana Ashleigh Sunny Kate Karen Dani Karen