



SEPTEMBER GROUP FITNESS CLASS SCHEDULE

MON

YOGA

6:00a-7:00a
Sara/Cathy

INSANITY

7:30a-8:15a
Allison

BALLET BURN

8:30a-9:15a
Meghan

WALK FIT

8:30a-9:15a
Megan

FIT TO FIGHT CANCER

9:30a-10:30a
Allison

VINYASA FLOW YOGA

9:30a-10:30a
Meghan

MUSCLE MADNESS

12:15p-1:00p
Beth

MUSCLE TONE

5pm-5:30p
Jen O

BOOTCAMP

5:15p-6:00p
Jen B

POWER CYCLE

5:30p-6:30p
Robin

CARDIO CIRCUITS

5:30p-6:00p
Jen O

HIGH FITNESS

5:30p-6:15p
Lisa



TUE

DIRTY 30

5:45a-6:15a
Camille

WARRIOR CROSS TRAIN

8:30a-9:15a
Megan

GET FIT

8:45a-9:30a
Alexis/Lisa

FIT TO FIGHT PARKINSON'S

10:30a-12:00p
Cathy

YOGA

12:15p-12:45p
Cathy

SUSPENSION & ROW

12:15p-1:00p
Beth

BOXING

5:00p-6:00p
Riley

PIYO

5:15p-6:00p
Beth

YOGA

5:30p-6:30p
Cathy

POWER CYCLE

5:30p-6:30p
Robin

WED

YOGA

6:00a-7:00a
Sara/Cathy

BARRE

8:30a-9:15a
Meghan

FIT TO FIGHT CANCER

8:30a-9:30a
Allison

CYCLING

9:00a-9:45p
Judy

VINYASA FLOW YOGA

9:30a-10:30a
Meghan

PIYO

12:15p-1:00p
Beth

BOOTCAMP

5:15p-6:00p
Jen B

HIGH FITNESS

5:30p-6:15p
Lisa



THUR

DIRTY 30

5:45a-6:15a
Camille

WARRIOR CROSS TRAIN

8:30a-9:15a
Allison

GET FIT

8:45a-9:30a
Alexis/Lisa

PEDALING FOR PARKINSON'S

10:00a-11:00a
Cathy

TABATA

12:15p-1:00p
Beth/Allison

BOXING

5:00p-6:00p
Riley

YOGA

5:30p-6:30p
Kelle

BARRE

5:30p-6:15p
Meghan

FRI

YOGA

6:00a-7:00a
Sara/Cathy

TABATA BOOT CAMP

7:30a-8:15a
Mary

STEP

8:30a-9:15a
Meghan

FIT TO FIGHT PARKINSON'S

10:30a-12:00p
Cathy

YOGA

12:15p-12:45p
Cathy

INSTRUCTOR'S CHOICE

12:15p-1:00p
Beth/Bre

SAT

YOGA

7:30a-8:30a
Sara/Cathy

BOXING CONDITIONING

8:15a-9:00a
Michelle

RHYTHM RIDE

8:30am-9:15a
Rihannan

OFF SITE

WELLNESS CENTER

MULTI PURPOSE ROOM

BFIT

AEROBICS ROOM

CYCLING ROOM

OUTSIDE



REGISTRATION IS REQUIRED



NO CLASS
LABOR DAY