


MON	TUE	WED	THUR	FRI	SAT
YOGA 6:00a-7:00a Sara/Cathy	DIRTY 30 5:45a-6:15a Camille	YOGA 6:00a-7:00a Sara/Cathy	DIRTY 30 5:45a-6:15a Camille	YOGA 6:00a-7:00a Sara/Cathy	YOGA 7:30a-8:30a Sara/Cathy
BARRE 8:30a-9:15a Meghan	WARRIOR CROSS TRAIN 8:30a-9:15a Beth	BARRE 8:30a-9:15a Meghan	WARRIOR CROSS TRAIN 8:30a-9:15a Allison	TABATA BOOT CAMP 7:30a-8:15a Mary	BOXING CONDITIONING 8:15a-9:00a Brenda
Muscle Madness 8:30a-9:15a Megan	GET FIT 8:45a-9:30a Sam	VINYASA FLOW YOGA 9:30a-10:30a Meghan	GET FIT 8:45a-9:30a Lisa	STEP 8:30a-9:15a Meghan	
VINYASA FLOW YOGA 9:30a-10:30a Meghan	* FIT TO FIGHT PARKINSON'S 10:30a-12:00p Cathy 	PIYO 12:15p-1:00p Beth	TABATA 12:15p-1:00p Beth/Allison	MUSCLE MADNESS 8:30a-9:15a Megan	
MUSCLE MADNESS 12:15p-1:00p Beth	YOGA 12:15p-12:45p Cathy	HIGH FITNESS 5:30p-6:15p Lisa 	BOXING 5:00p-6:00p Riley	* FIT TO FIGHT PARKINSON'S 10:30a-12:00p Cathy 	
MUSCLE TONE 5pm-5:30p Jen O	Suspension & Row 12:15p-1:00p Beth	* BOOTCAMP 5:15p-6:00p Jen B	YOGA 5:30p-6:30p Kelle	YOGA 12:15p-12:45p Cathy	
Rhythm Ride 5:30p-6:15p Rihannan	BOXING 5:00p-6:00p Riley		BARRE 5:30p-6:15p Meghan	Instructor Choice 12:15p-1:00p Sam	
CARDIO CIRCUITS 5:30p-6:00p Jen O	YOGA 5:30p-6:30p Cathy				
HIGH FITNESS 5:30p-6:15p Lisa 					
* BOOTCAMP 5:15p-6:00p Jen B					



JULY GROUPX SCHEDULE

- OFF SITE
- MULTI PURPOSE ROOM
- BFIT
- AEROBICS ROOM
- CYCLING ROOM
- GYM/OUTSIDE

* REGISTRATION IS REQUIRED