

Group Exercise Classes (May 2021)

Monday				Wednesday				Friday			
5:00 AM - 7:00 PM				5:00 AM - 7:00 PM				5:00 AM - 4:00 PM			
Time	Class	Location	Instructor	Time	Class	Location	Instructor	Time	Class	Location	Instructor
6:30 - 7:15 AM	Parking Lot Bootcamp	Outside	Tanya	6:15 - 6:45 AM	Pump	Studio 1	Dawn	6:15 - 6:45 AM	Barre	Studio 1	Dawn
8:00 - 8:30 AM	Nia®	Studio 1	Sidney M	6:30 - 7:15 AM	Parking Lot Bootcamp	Outside	Tanya	7:00 - 7:30 AM	STRETCH	Studio 1	Dawn
8:00 - 8:30 AM	STRETCH	Studio 3	Carol S.	7:00 - 7:30 AM	STRETCH	Studio 1	Dawn	7:00 - 7:30 AM	STRONG Nation™	Outside	Sydney
8:40 - 9:10 AM	Gentle Yoga	Studio 3	Jenn W	7:45 - 8:15 AM	Mat Pilates	Studio 3	Carmen	8:00 - 8:30 AM	Nia®	Studio 3	Sidney M
8:45 - 9:15 AM	Nia®	Studio 1	Sidney M	8:00 - 8:30 AM	Nia®	Studio 1	Lynn	8:30 - 9:00 AM	Pump	Studio 1	Dawn
9:20 - 9:50 AM	Beginning Yoga	Studio 3	Jenn W	8:30 - 9:00 AM	Hatha Flow Yoga Face Cover Required	Studio 3	Carmen	8:45 - 9:15 AM	Nia®	Studio 3	Sidney M
9:30 - 10:00 AM	Step	Studio 1	Dawn	8:45 - 9:15 AM	Nia®	Studio 1	Lynn	9:15 - 9:45 AM	Step	Studio 1	Dawn
10:00 - 10:30 AM	Mat Pilates	Studio 3	Janis	9:15 - 9:45 AM	Hatha Flow Yoga	Studio 3	Carmen	9:30 - 10:00 AM	Nia® Face Cover Required	Studio 3	Sidney M
10:15 - 10:45 AM	Pump	Studio 1	Dawn	9:30 - 10:00 AM	L.I.I.T Workout	Studio 1	Dawn	10:00 - 10:30 AM	Barre	Studio 1	Dawn
10:45 - 11:15 AM	Mat Pilates	Studio 3	Janis	10:00 - 10:30 AM	Mat Pilates	Studio 3	Janis	10:15 - 10:45 AM	Functional Abs	Studio 3	Jillian
11:00 - 11:30 AM	L.I.I.T Workout	Studio 1	Dawn	10:15 - 10:45 AM	Barre Connect	Studio 1	Denise	10:45 - 11:15 AM	Strength to Stretch	Studio 1	Dawn
11:30 AM - 12:00 PM	Restorative Mat Pilates	Studio 3	Laura	10:45 - 11:15 AM	Mat Pilates	Studio 3	Janis	11:00 - 11:30 AM	STRETCH	Studio 3	Jillian
11:45 AM - 12:15 PM	Dance Fitness	Studio 1	Allison	11:00 - 11:30 AM	Functional Abs	Studio 1	Dawn	11:30 AM - 12:00 PM	Fab @ 60+	Studio 1	Dawn
12:15 - 12:45 PM	Vinyasa Yoga	Studio 3	Alison	11:30 AM - 12:00 PM	Restorative Mat Pilates	Studio 3	Laura	12:00 - 12:30 PM	Vinyasa Yoga	Studio 3	Alison
12:30 - 1:00 PM	Indoor Cycling	Studio 2	Kara	11:45 AM - 12:15 PM	bbarreless®	Studio 1	Kelli	Saturday 7:00 AM - 12 noon			
4:00 - 4:30 PM	Nia®	Studio 1	Lynn	12:30 - 1:00 PM	bbarreless®	Studio 1	Kelli	Time	Class	Location	Instructor
4:45 - 5:15 PM	Barre Connect	Studio 1	Allison	12:30 - 1:00 PM	Indoor Cycling	Studio 2	Kara	8:30 - 9:00 AM	Nia®	Studio 3	Lynn
5:15 - 5:45 PM	Hatha Flow Yoga Face Cover Required	Studio 3	Agnes	1:15 - 1:45 PM	Fab @ 60	Studio 1	Dawn	9:00 - 9:30 AM	Barre Connect	Studio 1	Allison
5:30 - 6:00 PM	Dance Fitness	Studio 1	Allison	4:00 - 4:30 PM	Nia®	Studio 1	Lynn	9:10 - 9:40 AM	Power Yoga	Studio 3	Lynn
5:30 - 6:00 PM	Indoor Cycling	Studio 2	Shana	5:00 - 5:30 PM	Feel Good Yoga	Studio 3	Alexandra	9:45 - 10:15 AM	Pump	Studio 1	Allison
6:00 - 6:30 PM	Hatha Flow Yoga	Studio 3	Agnes	5:00 - 5:30 PM	Functional Abs	Studio 1	Allison	9:50 - 10:20 AM	ZUMBA GOLD®	Studio 3	Donna H
6:15 - 6:45 PM	Cardio Kickboxing	Studio 1	Allison	5:30 - 6:00 PM	Indoor Cycling	Studio 2	Shana	10:30 - 11:00 AM	ZUMBA GOLD®	Studio 1	Donna H
6:15 - 6:45 PM	Cycle 360	Studio 2	Shana	5:40 - 6:10 PM	REFIT®	Studio 1	Brittany	11:15 - 11:45 AM	Chair Yoga	Studio 1	Donna H
Tuesday 5:00 AM - 7:00 PM				6:15 - 6:45 PM	Cycle 360	Studio 2	Shana	Sunday 12 noon - 4:00 PM			
Time	Class	Location	Instructor	6:20 - 6:50 PM	REFIT®	Studio 1	Brittany	Time	Class	Location	Instructor
6:15 - 6:45 AM	STRETCH	Studio 3	Laura	Thursday 5:00 AM - 7:00 PM				1:00 - 1:30 PM	Power Yoga Face Cover Required	Studio 3	Lynn
7:45 - 8:15 AM	Morning Yoga	Studio 3	Beth	Time	Class	Location	Instructor	1:45 - 2:15 PM	Power Yoga	Studio 3	Lynn
8:00 - 8:30 AM	ZUMBA GOLD®	Studio 1	Denise	6:15 - 6:45 AM	STRETCH	Studio 3	Laura	2:30 - 3:00 PM	Nia®	Studio 1	Lynn
8:30 - 9:00 AM	Beginning Yoga	Studio 3	Beth	7:45 - 8:15 AM	Morning Yoga	Studio 3	Beth	3:15 - 3:45 PM	Nia®	Studio 1	Lynn
8:45 - 9:15 AM	ZUMBA GOLD®	Studio 1	Denise	8:00 - 8:30 AM	ZUMBA GOLD®	Studio 1	Denise				
9:15 - 9:45 AM	Indoor Cycling	Studio 2	Beth	8:30 - 9:00 AM	Beginning Yoga	Studio 3	Beth				
9:15 - 9:45 AM	Power Yoga	Studio 3	Lynn	8:45 - 9:15 AM	ZUMBA GOLD®	Studio 1	Denise				
9:30 - 10:00 AM	PILOXING-BARRE®	Studio 1	Kelli	9:15 - 9:45 AM	Indoor Cycling	Studio 2	Beth				
10:00 - 10:30 AM	Cardio Kickboxing	Studio 3	Carol	9:30 - 10:00 AM	Functional Core Yoga	Studio 3	Jillian				
10:15 - 10:45 AM	Strength & Balance	Studio 1	Jillian	9:30 - 10:00 AM	HOLD IT! Face Cover Required	Studio 1	Tanya				
10:40 - 11:10 AM	bbarreless®	Studio 3	Kelli	10:15 - 10:45 AM	bbarreless®	Studio 3	Kelli				
11:00 - 11:30 AM	Strength & Balance	Studio 1	Jillian	10:15 - 10:45 AM	Strength & Balance	Studio 1	Jillian				
11:20 - 11:50 AM	PILOXING®	Studio 3	Kelli	11:00 - 11:30 AM	PILOXING®	Studio 3	Kelli				
11:45 AM - 12:15 PM	Barre Connect	Studio 1	Allison	11:00 - 11:30 AM	Strength & Balance	Studio 1	Jillian				
12:30 - 1:00 PM	Gentle Yoga	Studio 3	Jillian	11:45 AM - 12:15 PM	PILOXING-BARRE®	Studio 1	Kelli				
12:30 - 1:00 PM	Pump	Studio 1	Allison	1:15 - 1:45 PM	Tai Chi Level 2	Studio 1	Beth				
1:15 - 1:45 PM	Tai Chi Level 2	Studio 1	Beth	2:00 - 2:30 PM	Tai Chi Level 1	Studio 1	Beth				
2:00 - 2:30 PM	Tai Chi Level 1	Studio 1	Beth	5:15 - 5:45 PM	REFIT®	Studio 1	Brittany				
5:15 - 5:45 PM	Cardio Kickboxing	Studio 1	Allison	5:30 - 6:00 PM	Breathe & Connect	Studio 3	Jillian				
5:30 - 6:00 PM	ZUMBA®	Studio 3	Denise	6:15 - 6:45 PM	Gentle Yoga	Studio 3	Jillian				
6:00 - 6:30 PM	Barre Connect	Studio 1	Allison								

Exercise Class Legend	
Colors indicate class locations:	
Outside (Weather Permitting)	
Studio 1	
Studio 2	
Studio 3	

Sign up for Classes on Mindbody
 Call 225-924-8300 for more information.