

November 2017 Group Exercise Class Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00am (60min) Group Cycling <i>Lisa</i>	8:00am (55min) Healthy Moves <i>Lourdes</i>	<u>8:05am (50min)</u> <u>Aquatic Interval</u> <i>Lexi</i>	6:00am (50min) Group Cycling <i>Nancy</i>	<u>8:05am (50min)</u> <u>Aquatic Interval</u> <i>Lexi</i>	8:00am (55min) Healthy Moves <i>Lourdes</i>	8:00am (60 min) Zumba Mary Maslowski
9:00am (45min) Tabata <i>Lisa</i>	8:30am (50min) Group Cycling <i>Lexie</i>	8:30am (55min) Strength Training <i>Lynnae</i>	8:00am (55min) Healthy Moves <i>Nancy</i>	8:30am (55min) Strength Training <i>Brandi</i>	8:30am (50min) Group Cycling <i>Rick</i>	9:00am (50min) Group Cycling <i>Giovanna</i>
10:00am (60min) Zumba <i>Michelle</i>	9:05am (60min) Turbo Kick <i>Lynnae</i>	8:30am (55min) Group Cycling <i>Mary</i>	8:30am (50min) Group Cycling <i>Rick</i>	<u>9:15am (50min)</u> <u>H2O for Health</u> <i>Debbie</i>	9:05am (60min) Turbo Kick <i>Lynnae</i>	9:00am (55min) Step <i>Patti</i>
	<u>9:15am (45min)</u> <u>H2O for Health</u> <i>Marcicela</i>	<u>9:15 am (50min)</u> <u>H2O for Health</u> <i>Audrey</i>	<u>9:15am (45min)</u> <u>H2O for Health</u> <i>Debbie</i>	9:30am (60min) Cardio Blast <i>Brandi</i>	<u>9:15am (45min)</u> <u>H2O for Health</u> <i>Debbie</i>	10:00am (55min) Strength Training <i>Giovanna</i>
	10:15am (60min) Group Power <i>Mary</i>	9:30am (45min) Tabata's <i>Giovanna</i>	9:30 am (55min) Strength Training <i>Mary</i>	9:30am (50min) Group Cycling <i>Giovanna</i>	10:15am (60min) Group Power <i>Mary</i>	11:15am (60min) Yoga/Core <i>Ghadir</i>
	<u>10:15am (45min)</u> <u>Power Packed</u> <u>Aquatics</u> <i>Maricela</i>	10:30am (50min) Zumba <i>Maricela</i>	<u>10:15am (60min)</u> <u>H2O for Health</u> <i>Angela</i>	10:30am (45min) Pilates/Core <i>Lisa</i>	<u>10:15am (45min)</u> <u>Power Packed</u> <u>Aquatics</u> <i>Debbie</i>	
	11:25am (60min) Yoga <i>Lourdes</i>	11:30am (60min) Strength <i>Lynnae</i>	11:30 am (60 min) Zumba <i>Maricela</i>	11:30am (60min) Zumba <i>Maricela</i>	11:20am (60min) Yoga <i>Lynnae</i>	
				12:30pm (60min) Strength <i>Ghadir</i>		
	4:30pm (45min) Cardio Sculpt <i>Dawn</i>	4:30pm (50min) Group Cycling <i>Dawn</i>	4:30pm (45 min) Flexibility/Core <i>Steve</i>	4:30pm (60min) 20/20/20 <i>Dawn</i>	4:30pm (45 min) Core/Flexibility <i>Steve</i>	
	5:15pm (45min) Pilates <i>Dawn</i>	5:30pm (50min) Strength Training <i>Dawn</i>	<u>6:00pm (50min)</u> <u>Aquatic Interval</u> <i>Audrey</i>	5:30pm (45min) Pilates <i>Dawn</i>	7:00pm (50min) <u>Aquatic Zumba</u> <i>Michelle</i>	
	7:00pm (60min) Step and Tone <i>Patti</i>	6:30pm (55min) Zumba <i>Michelle</i>	7:00pm (60min) Yoga <i>Lourdes</i>	<u>6:00pm (50min)</u> <u>Tidal Blast</u> <i>Michelle</i>		
	8:00pm (60min) Yoga <i>Lourdes</i>	<u>7:00pm (50min)</u> <u>Tidal Blast</u> <i>Audrey</i>	8:00pm (45min) Strength <i>Lourdes</i>	7:00 pm (50min) Zumba Mary Maslowski	<p>Please sign up for our Club Texts to receive notifications on cancelled or subbed classes. (Sign up is at check-in)</p> <p>Classes and Instructors are subject to change.</p> <p><u>Underline: Indicates Aquatic Group Exercise Class</u></p> <p>* Updated 10/23/17</p>	
		8:00pm (50min) Gentle Yoga <i>Lourdes</i>				