

Class Schedule

December 2017

	CLASS	INSTRUCTOR	STUDIO	
MONDAY				
5:30-6:15am	Fast & Furious	Jenny	C	
5:30-6:30am	BodyPUMP	Lindsey	1	
6:35-7:35am	BodyPUMP/CXWORX	Natalie & Rachel M	1	
8:00-9:00am	Fit & Fabulous	Kristen	1	
8:00-9:00am	H2O Strength/Cardio Intervals	Tracy	P	
9:00-10:00am	Turn Em & Burn Em	Sandy	C	
9:05-10:05am	BodyPUMP	Michelle/Molly	1	
9:15-10:15am	Heated Power Yoga	Laura	2	
10:10-11:10am	BodyFLOW	Lynette	1	
10:15-11:30am	Breathing Into Yoga	Kathy	ES	
10:30-11:30am	BarrePOWER	Sarah B	2	
11:15-11:45am	Core Strength	Sandy	1	
12:00-12:30pm	SPRINT	Ashley T	C	
12:00-1:00pm	BodyPUMP	Sherrie	1	
12:00-1:00pm	Pilates w/ Props	Liz	2	
12:00-1:15pm	Hatha Yoga	Jennifer	ES	
1:30-2:45pm	Parkinson's Yoga Basic	Jennifer	ES	
4:15-5:00pm	Tween Yoga	Sarah B	ES	
4:30-5:00pm	JUNIOR DANCE FIT	Nadia	2	
4:30-5:30pm	BodyPUMP	Laury	1	
5:05-5:45pm	KIDS DANCE FIT	Nadia	2	
5:30-6:15pm	RAC Cycling	Tamara	C	
5:30-6:30pm	Zen In The Art of Tai Chi	Ken	ES	
5:35-6:35pm	BodyCOMBAT	Sonja	1	
6:00-7:00pm	Heated Power Yoga	Alyson	2	
6:30-7:00pm	Cycling Intervals	Greg	C	
6:40-7:40pm	BodyPUMP	Casha	1	
6:45-8:00pm	Enlighten Flow	Sarah B	ES	
7:35-8:35pm	BodyFLOW	Cat	2	
TUESDAY				
5:05-5:35am	SPRINT	Holly/Natalie	C	
5:30-6:15am	BodyATTACK Express	Casha	1	
5:30-6:30am	Heated Power Yoga	Kelsey	2	
6:30-7:30am	Boot Camp	Darrin	COURT	
6:35-7:35am	Pilates Mat	Marisa	2	
8:00-9:00am	Fit & Fabulous - Total Toning	Tracy	1	
8:10-9:10am	ZUMBA	Jackie	2	
8:45-9:45am	Yin Yoga	Cat	ES	
9:05-10:05am	BodyCOMBAT	Bridget	1	
9:00-9:45am	RPM	Michelle	C	
9:15-10:15am	Pilates w/ Props	Jenny	2	
9:15-10:00am	Aquabata	Tracy	P	
10:00-11:00am	Enlighten Flow	Kelsey	ES	
10:10-11:10am	BodyPUMP	Sydney	1	
10:30-11:45am	Gentle Yoga	Marsha	2	

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12:00-1:00pm	Turn Em & Burn Em	Sandy	C	
12:00-1:00pm	BodyFLOW	Cat	1	
12:00-1:00pm	Yoga w/ Weights	Sarah B	2	
12:00-1:00pm	Deep Stretch	Linda	ES	
2:00-3:00pm	BodyPUMP	Laury	1	
4:30-5:30pm	BodySTEP	Lynette & Rachel M	1	
4:30-5:45pm	Gentle/Restorative Yoga	Paige	ES	
5:30-6:00pm	SPRINT	Courtney	C	
5:30-6:30pm	BarrePOWER	Sarah B	2	
5:35-6:35pm	BodyPUMP	Carla	1	
6:00-7:00pm	HIT The Water	Roz	P	
6:00-7:15pm	Hatha Yoga - Cultivating Gratitude Series	Kirsten	ES	
6:30-7:30pm	ZUMBA	Lauren	2	
6:40-7:10pm	CXWORX	Casey	1	
8:00-9:00pm	Hip Hop Heated Yoga	Chelsey	2	
WEDNESDAY				
5:30-6:15am	RAC Cycling	Sarah W	C	
5:30-6:30am	BodyPUMP	Casey	1	
6:35-7:35am	BodyPUMP	Ashley S	1	
8:00-9:00am	Fit & Fabulous	Kristen	1	
8:00-9:00am	H2O Strength/Cardio Intervals	Tracy	P	
9:00-10:00am	Turn Em & Burn Em	Sandy	C	
9:05-10:05am	BodyATTACK	Sydney	1	
9:15-10:15am	Heated Power Yoga	Sasha	2	
9:15-10:15am	Hatha Yoga	Lasha	ES	
10:10-11:10am	BodyFLOW	Rebekah	1	
10:15-10:45am	SPRINT	Ashley T	C	
10:30-11:30am	BarrePOWER	Sarah W	2	
12:00-1:00pm	BodyPUMP	Sherrie	1	
12:00-1:00pm	Pilates w/ Props	Mariah	2	
12:00-1:15pm	Hatha Yoga	Jennifer	ES	
1:30-2:00pm	Mid Week Meditation	Jennifer	ES	
4:15-4:45pm	Kids Yoga	Chloe	ES	
4:30-5:25pm	Yoga w/ Weights	Amy	2	
4:30-5:30pm	BodyPUMP	Carla	1	
5:00-6:00pm	Yin Yoga	Jill	ES	
5:30-6:30pm	Fast & Furious	Jenny	C	
5:30-6:30pm	BodyJAM	Bridget	2	
5:35-6:35pm	BodyCOMBAT	Jen & Carla	1	
6:35-7:35pm	Pilates Mat	Marisa	2	
6:35-7:05pm	SPRINT	Jenny	C	
6:40-7:40pm	BodyPUMP	Casha	1	

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THURSDAY				
5:30-6:30am	Heated Power Yoga	Kelsey	2	
5:30-6:30am	RIPPED	Sonja	1	
6:30-7:30am	Mix It Up	Marti	C	
6:35-7:35am	BodyATTACK/BodyPUMP	Sydney	1	
7:30-8:00am	Tai Chi Basics	Ken	2	
8:00-9:00am	Fit & Fabulous - Total Toning	Tracy	1	
8:30-9:30am	Pilates w/ Props	Lee	ES	
9:00-9:45am	Get YO Spin On!	Greg	C	
9:00-10:00am	Buff Bones	Analia	2	
9:05-9:35am	CXWORX	Rachel M	1	
9:15-10:00am	Aquabata	Tracy	P	
9:35-10:05	BodySTEP Express	Rachel M	1	
10:00-11:00am	Enlighten Flow	Kelsey	ES	
10:10-11:10am	BodyPUMP	Rebekah	1	
10:30-11:30am	BarrePOWER	Analia	2	
11:30-12:45pm	Yin Yoga	Kelsey	ES	
12:00-12:30pm	SPRINT	Ashley T	C	
12:00-12:45pm	ZUMBA	Gretel	2	
2:00-3:00pm	BodyPUMP	Laury	1	
4:30-5:30pm	BarrePOWER	Lauren B	2	
5:30-6:30pm	Turn Em & Burn Em	Sandy	C	
5:35-6:35pm	BodyPUMP	Courtney	1	
6:00-7:00pm	HIT The Water	Roz	P	
6:00-7:00pm	Heated Power Yoga	Tina	2	
6:00-7:15pm	Candlelight Yin Yoga	Sasha	ES	
6:30-7:30pm	Zen In The Art of Tai Chi	Ken	CR	
6:40-7:40pm	BodyCOMBAT	Casey	1	
FRIDAY				
5:30-6:15am	Alive in 45!	Romy	C	
5:30-6:30am	Heated Power Yoga	Laura	2	
5:30-6:30am	BodySTEP	Ashley B	1	
6:35-7:35am	BodyPUMP/CXWORX	Casey/Rachel M	1	
8:00-9:00am	Forever Young	Kelly	1	
8:00-9:00am	H2O Strength/Cardio Intervals	Tracy	P	
8:45-9:45am	Heated Enlighten Flow	Kelsey	2	
9:00-10:00am	Lean & Mean	Sherrie	C	
9:00-10:15am	Prana Vinyasa Flow	Jill	ES	
9:05-10:05am	BodyCOMBAT	Laury	1	
10:00-11:00am	BodyJAM	Bridget	2	

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10:10-11:10am	BodyFLOW	Michelle	1	
10:30-11:30am	Hatha Yoga	Sarah B	ES	
11:15-11:45am	Core Strength	Sandy	1	
12:00-1:00pm	BarrePOWER	Sarah B	2	
12:00-1:15pm	Power Yoga for Parkinson's	Jennifer	ES	
1:30-2:45pm	Restorative Yoga for Parkinson's	Jennifer	ES	
4:30-5:30pm	BodyCOMBAT	Rebekah	1	
5:30-6:30pm	Core Asana	Joe	ES	
5:35-6:35pm	BodyPUMP	Carla	1	
SATURDAY				
7:00-8:00am	BodyATTACK	Casha	1	
8:00-9:00am	Heated Power Yoga	Sarah B	2	
8:05-9:05am	BodyPUMP	Lindsey	1	
8:10-8:40am	SPRINT	Courtney/Holly	C	
8:30-9:45am	Yin Yoga	Kirsten	ES	
9:00-10:00am	RAC Cycling	Tamara/Holly	C	
9:10-10:10am	BodyFLOW	Rebekah	1	
9:15-10:15am	Heated Power Yoga	Jason	2	
10:00-11:00am	Boot Camp	Niki	COURT	
10:00-11:00am	Pilates Mat	Liz	ES	
10:15-11:15am	BodyCOMBAT	Sonja	1	
10:30-11:30am	Nia	Jana	2	
11:15-11:45am	Core Strength	Sonja	1	
11:15-12:30pm	Inscape Yoga	Sarah B	ES	
11:30-12:30pm	BarrePOWER	Rotation	2	
SUNDAY				
8:00-9:00am	BodyATTACK	Rachel M	1	
8:10-8:40am	SPRINT	Natalie/Marti	C	
8:45-10:00am	Heated Power Yoga	Mica	2	
9:00-10:00am	Mix It Up	Marti	C	
9:00-10:00am	BodyCOMBAT	Laury	1	
9:00-10:15am	Yin Yang Yoga	Jill	ES	
10:05-11:05am	BodyPUMP	Laury	1	
10:15-11:15am	Heated Power Yoga	Kelsey	2	
11:15-12:15pm	BodyFLOW	Cat	1	
11:30-12:30pm	Prenatal Yoga	Kelsey	ES	
12:00-1:00pm	ZUMBA	Vanessa	2	
4:00-5:00pm	BodyCOMBAT	Rebekah	1	
4:30-5:30pm	Enlighten Flow	Jill	ES	
5:05-6:05pm	BodyPUMP	Courtney	1	