

# Fall Schedule Effective September 5, 2017

## Aerobics Studio

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:45am	Step & Abs (L2) 5:45-6:45am (Shawn)	BODY PUMP (L2) 5:45-6:45am (Craig)	Cardio Fusion (L2) 5:45-6:45am (Shawn)	Barre (L2) 5:45-6:30am (Nikki)	R.I.P.E.D. (L3) 5:45-6:45am (Nikki)		
7am	Tabata (L3) 7-7:50am (Rita)		BODY PUMP (L2) 7-7:55am (Rita)		Circuit Training (L3) 7-7:50am (Amy)	BODYPUMP (L2) 7:15-8:15am (Rotate)	
8am	Barre (L2) 8-8:45am (Rita)	Circuit Training (L3) 8-8:45am (Linda)	Barre (L2) 8-8:45am (Rita)	Core & More (L2) 8-8:45am (Linda)	Yoga (L2) 8-8:50am (Rita)	Step & Abs (L3) 8:30-9:30am (Rotate)	
9am	Step & Abs (L3) 9-9:55am (Becky)	WERQ (L2) 9-9:55am (Becky)	Step & Abs (L3) 9-9:55am (Becky)	WERQ (L2) 9-9:55am (Becky)	Step & Abs (L3) 9-9:55am (Patra)		BODYPUMP (L2) 9:15-10:10am (Rotate)
10am	Pure Strength (L2) 10-10:50am (Becky)	Yoga (L2) 10-10:50am (Becky)	Pure Strength (L2) 10-10:50am (Patra)	Yoga (L2) 10-10:50am (Becky)	Pure Strength (L2) 10-10:50am (Amy)	Yoga (L2) 9:45-11am (Patra)	Core & More (L2) 10:15-10:40am (Sarah)
11am	WERQ (L2) 11-11:45am (Megan)	Pilates (L2) 11am-11:50am (Joy)	Stretch & Sculpt (L2) 11-11:45am (Patra)	Pilates (L2) 11-11:50am (Joy)	Barre (L2) 11-11:45am (Megan)	REFIT (L2) (Megan) 11:15am-12:15pm	Yoga (L2) 10:45-11:45am (Sarah)
12pm	Mat Barre (L2) 12-12:45pm (Megan)	REFIT (L2) 12-1pm (Megan)	Barre (L2) 12-12:45pm (Megan)	REFIT (L2) 12-1pm (Megan)			Zumba (L2) 12-1pm (Danielle)
4pm	POUNDFit (L2) 4:30-4:55pm (Ana)	Zumba (L3) 4-4:50pm (Emma)	Core & More (L2) 4:15-4:45pm (Shelley)	Cardio Kick (L3) 4-4:50pm (Amy)	POUNDFit (L2) 4:30-4:55pm (Shelley)		
5pm	Circuit Training (L2) 5-5:45pm (Ana)	Pure Strength (L2) 5-5:55pm (Ana)	Cardio Fusion (L2) 5-5:45pm (Shelley)	BODYPUMP (L2) 5-5:55pm (Amy)	WERQ (L2) 5-5:45pm (Shelley)		
6pm	R.I.P.E.D. (L3) 6-7pm (Nikki)	POUNDFit (L3) 6-6:45pm (Megan)	BODYPUMP (L2) 6-7pm (Shelley)	REFIT (L3) 6-7pm (Megan)	BODYPUMP (L2) 6-7pm (Shelley)		
7pm	BODYPUMP (L2) 7:15-8:15pm (Amy)	Yoga (L2) 7-8pm (Jess)	R.I.P.E.D. (L3) 7:15-8:15pm (Shelley)				

## Classroom 1 & Classroom 3 (CR3)

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6am				KB AMPD (L3) 6:30-7:15am (Shawn)			
8am			KB AMPD (L3) 8-8:45am (Becky)				
9am	Sr. Workout (L1) 9-9:55am (Patra)	Cardio Fusion (L2) 9-9:45am (Patra)	Sr. Workout (L1) 9-9:55am (Patra)		Sr. Workout (L1) 9-9:45am (Rita)	Kettlebell (L2) 9-9:30am (Patra)	KB AMPD (L3) 9:30-10:15am (Shawn)
10am	Mild Yoga CR3 (L2) 10-11am (Patra)		Mild Yoga CR3 (L2) 10-11am (Amanda)		Mild Yoga (L2) 10-11am (Patra)		
11am	Core & More (L2) 11:30am-12pm (Patra)	Str. & Balance (L1) 11-11:50am (Patra)	POUNDFit (L3) 11-11:45am (Megan)	Str. & Balance (L1) 11-11:50am (Amy)		Pilates (L2) (Patra) 11:15am-12:15pm	
12pm		Basic Step (L2) 12-1pm (Patra)					
5pm	KB AMPD (L2) 5-5:45pm (Shelley)		KB AMPD (L2) 5-5:45pm (Shawn)				
6pm	Yoga (L2) 6-7pm (Cathy)	Barre (L2) 6-6:45pm (Melissa)	Mild Yoga (L2) 6-7pm (Shawn)				
7pm		KB AMPD (L3) 7-7:45pm (Shelley)					

## Other Spaces

All Cycle, Cycle 60, RPM, Row and STS classes listed below have limited space and require sign up prior to the start of class. You can sign up at the front desk up to one hour prior to the start of class time. CS- Cycle Studio; G- Gymnasium; BH- Boathouse on fitness floor

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:45am or 7am	Cycle & Stretch (CS) 5:45-7am (L2) Sarah	Cycle (CS) 5:45-6:30am (L2) Chris G.	Cycle 60 (CS) 5:45-6:45am (L3) Janet	RPM (CS) 5:45-6:30am (L2) Chris. A	Cycle 60 (CS) 5:45-6:45am (L3) Janet	STS (G) 7:15-8am (L2) Nikki	
	Row (BH) 5:45-6:15am (L2) Janet	STS (G) 5:45-6:30am (L2) Nikki		STS (G) 5:45-6:30am (L2) Sarah			
8am	STS (G) 8-8:45am (L2) Chris B.		STS (G) 8-8:45am (L2) Chris B.		Row (BH) 8:15-8:45am (L2) Steve	RPM (CS) 8:15-9am (L2) Chris A.	
	Row (BH) 8:15-8:45am (L2) Becky						
9am	Cycle (CS) 9-9:45am (L2) Amy F.	Cycle (CS) 9-9:45am (L2) Linda	Cycle (CS) 9-9:45am (L2) Karen	Cycle (CS) 9-9:45am (L2) Linda	Cycle (CS) 9-9:45am (L2) Amy	Cycle 60 9:15-10:15am Rotating	Cycle 60 (CS) 9:15-10:15am (L2) Janet
10am		Practical Ex. (G) 10-10:55am (L2) Patra		Practical Ex. (G) 10-10:55am (L2) Shawn			Row (BH) 10:30-11am (L2) Janet
11am		STS (G) 11-11:45am (L2) Chris B.		STS (G) 11-11:45am (L2) Amanda K.			
5pm		STS (G) 5-5:45pm (L2) Amanda K.		STS (G) 5-5:45pm (L2) Amanda K.			
				RPM (CS) 5:30-6:15pm (L2) Jess			
6pm		RPM (CS) 6-6:45pm (L2) Chris. A					
	STS (G) 7:15-8pm (L2) Shelley						

<b>Format Key</b>	<b>Cardio</b>	<b>Strength</b>	<b>Combination</b>	<b>Mind/Body</b>	<b>Specialty</b>
-------------------	---------------	-----------------	--------------------	------------------	------------------

Intensity Level: L1- Level 1      L2- Level 2      L3-Level 3  
Our trained instructors are able to modify to accommodate most fitness levels.

All classes subject to change based on attendance levels.

If you have questions regarding a class or format, please see the Group Exercise Coordinator.