

Winter Schedule Effective January 2, 2018

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) 7-7:55am (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 (L2) 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) 10-10:55am (Becky)	Pure Strength (L2) 10-10:50am (Patra)	Yoga (L2) 10-10:55am (Becky)	BODYPUMP (L2) 10-10:55am (Amy)	Yoga (L2) 9:45-11am (Patra)	Core & More (L2) 10:15-10:40am (Sarah)
11am	Dance Fitness (L2) 11-11:45am (Megan)	Pilates (L2) 11am-11:50am (Joy)	Stretch & Sculpt (L2) 11-11:50am (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	Barre (L2) 12-12:45pm (Megan)	REFIT (L2) 12-1pm (Megan)	BODYPUMP (L2) 12-1pm (Amy)	REFIT (L2) 12-1pm (Megan)			Zumba (L2) 12-1pm (Danielle)
4pm	POUNDFit (L2) 4:30-4:55pm (Ana)	Tabata (L3) 4:30-4:55pm (Ana)	Core & More (L2) 4:30-4:55pm (Shelley)	Tabata (L3) 4:30-4:55pm (Shelley)	POUNDFit (L2) 4:30-4:55pm (Shelley)		
5pm	Circuit Training (L2) 5-5:45pm (Ana)	Pure Strength (L2) 5-5:45pm (Ana)	Cardio Fusion (L2) 5-5:45pm (Shelley)	Pure Strength (L2) 5-5:45pm (Shelley)	WERQ (L2) 5-5:45pm (Shelley)		
6pm	R.I.P.E.D. (L3) 6-7pm (Nikki)	Zumba (L2) 6-6:50pm (Danielle)	BODYPUMP (L2) 6-7pm (Shelley)	REFIT (L2) 6-6:55pm (Megan)	BODYPUMP (L2) 6-7pm (Shelley)		
7pm	BODYPUMP (L2) 7:15-8:15pm (Shelby)	Yoga (L2) 7-8pm (Jess)	R.I.P.E.D. (L3) 7:15-8:15pm (Shelley)	BODYCOMBAT (L3) 7-8pm (Julie)			

Classroom 1

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6am				KB AMPD* (L3) 6:30-7:15am (Shawn)	Kettlebell* (L2) 7-7:30am (Janet)		
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	BODYCOMBAT (L3) 10-10:55am (Lina)	BODYCOMBAT (L3) 10-10:55am (John)	BODYCOMBAT (L3) 10-10:55am (Lina)		Mild Yoga (L2) 10-11am (Patra)		BODYCOMBAT (L3) 10:30-11:30 (John)
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)	Mat Barre (L2) 12-12:45pm (Megan)				
5pm	KB AMPD* (L3) 5-5:45pm (Shelley)	KB AMPD* (L3) 5-5:45pm (Shawn)	BODYCOMBAT (L3) 5-5:55pm (John)				
6pm	Yoga (L2) 6-7pm (Cathy)	Barre (L2) 6-6:45pm (Shawn)	Mild Yoga (L2) 6-7pm (Shawn)				

Other Spaces

CS- Cycle Studio; G- Gymnasium; BH- Boathouse on fitness floor; CR3- Classroom 3

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					
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) Jess G.	Cycle* (CS) 9-9:45am (L2) Linda	Cycle* (CS) 9-9:45am (L2) Karen	Cycle* (CS) 9-9:45am (L2) Linda	RPM* (CS) 9-9:45am (L2) Amy	Cycle 60* 9:15-10:15am Rotating	Cycle 60* (CS) 9:15-10:15am (L2) Janet
10am	Cycle* (CS) 10-10:45am (L2) Jess G.	Practical Ex. (G) 10-10:55am (L2) Patra	Mild Yoga CR3 (L2) 10-11am Amanda	Practical Ex. (G) 10-10:55am (L2) Shawn	Cycle* (CS) 10-10:45am (L2) Jess G.		Row* (BH) 10:30-11am (L2) Janet
11am	Mild Yoga CR3 (L2) 10-11am Patra	STS* (G) 11-11:45am (L2) Chris B.	RPM* (CS) 11-11:45am (L2) Amy	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.			
6pm	Cycle 60* (CS) 6-7pm Joyce	RPM* (CS) 6-6:45pm (L2) Chris. A	Cycle 60* (CS) 6-7pm Joyce/Chris G.	RPM* (CS) 6-6:45pm (L2) Jess			

Format Key	Cardio	Strength	Combination	Mind/Body	Specialty
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Intensity Level: L1- Level 1 L2- Level 2 L3- Level 3
Our trained instructors are able to modify to accommodate most fitness levels.

*All Cycle, Cycle 60, RPM, Row, Kettlebell, Kettlebell AMPD, STS and POUNDFit in Classroom 1 classes listed above 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.

Classes are subject to change based on attendance and instructor availability.

For the most up to date schedule, please check out our free app or look online at fitness.borgess.com

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