

Summer Schedule Effective June 3, 2018

Updated June 24, 2018

Aerobics Studio

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:45am	Step & Abs 5:45-6:45am (Shawn)	BODY PUMP 5:45-6:45am (Amy/Lina)	Cardio Fusion 5:45-6:45am (Shawn)	Barre 5:45-6:30am (Nikki)			
7am	Tabata 7-7:50am (Rita)		BODYPUMP 7-7:55am (Rita)		Circuit Training 7-7:55am (Amy)	BODYPUMP 7:15-8:15am (Amy)	
8am	Barre 8-8:45am (Rita)	Step & Abs 8-8:55am (Patra)	Barre 8-8:45am (Rita)	Step & Abs 8-8:55am (Shawn)	BODYCOMBAT 8-8:55am (Amy)	Step & Abs 8:30-9:30am (Rotate)	
9am	BODYCOMBAT 9-9:55am (Amy)	Cardio Fusion 9-9:45am (Patra)	Step & Abs 9-9:55am (Kathe)	Cardio Fusion 9-9:45am (Shawn)	Step & Abs 9-9:55am (Patra)		BODYPUMP 9:15-10:15am (Shelley)
10am	Pure Strength 10-10:50am (Deidre)	Tabata & Core 10-10:55am (Linda)	Pure Strength 10-10:50am (Patra)	Tabata & Core 10-10:55am (Linda)	BODYPUMP 10-10:55am (Amy)	Yoga 9:45-11am (Patra)	BODYCOMBAT 10:30-11:30am (John)
11am	Dance Fitness 11-11:45am (Megan)	Pilates 11-11:50am (Joy)	Stretch & Sculpt(B1-2) 11-11:50am (Patra)	Pilates 11-11:50am (Joy)	Barre 11-11:45pm (Megan)	REFIT (Megan) 11:15am-12:15pm	
12pm	Barre 12-12:45pm (Megan)	REFIT 12-1pm (Megan)	BODYPUMP 12-1pm (Linda)	REFIT 12-1pm (Megan)			Zumba 12-1pm (Danielle)
4pm	POUNDFit 4:30-4:55pm (Ana)	Tabata 4:30-4:55pm (Ana)	Core & More 4:30-4:50pm (Shawn)	Tabata 4:30-4:55pm (Shelley)	Core & More 4:30-4:55pm (Shelley)		
5pm	Circuit Training 5-5:45pm (Ana)	Pure Strength 5-5:45pm (Ana)	BODYCOMBAT 5-5:55pm (John)	Pure Strength 5-5:45pm (Shelley)	WERQ 5-5:45pm (Shelley)		
6pm	R.I.P.P.E.D. 6-7pm (Nikki)	Zumba 6-6:50pm (Danielle)	BODYPUMP 6-7pm (Shelley)	POUNDFit 6-6:45pm (Shelley)	BODYPUMP 6-7pm (Shelley)		
7pm	BODYPUMP 7:15-8:15pm (Shelby)	BODYCOMBAT 7-8pm (John)	R.I.P.P.E.D. 7:15-8:15pm (Shelley)	BODYCOMBAT 7-8pm (John)			

Classroom 1

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7am					Kettlebell* 7-7:30am (Janet)		
8am					Yoga 8-8:50am (Rita)		
9am	Sr. Workout (B1-2) 9-9:55am (Patra)	Yoga 9:45-10:45am (Amy)	Sr. Workout (B1-2) 9-9:55am (Patra)	Yoga 9:45-10:45am (Kathe)	Sr. Workout (B1-2) 9-9:45am (Rita)	Kettlebell* (B2) 9-9:30am (Patra)	Kettlebell* (B2) 9:15-10am (Shawn)
10am	Mild Yoga (B1) 10-11am (Patra)		BODYCOMBAT 10-11am (Lina)		Mild Yoga (B1) 10-11am (Patra)		Yoga 10:30-11:45am (Sarah)
11am	Core & More (B2) 11:30am-12pm (Patra)	Str. & Balance (B1) 11-11:50am (Patra)		Str. & Balance (B1) 11-11:50am (Amy)		Pilates (Patra) (B2) 11:15am-12:15pm	
12pm		Basic Step (B2) 12-1pm (Patra)	Yoga 12-1pm (Joy)				
5pm	Kettlebell* 5-5:45pm (Shelley)		Step 5-5:45pm (Shawn)				
6pm	Yoga 6-7pm (Cathy)		Mild Yoga (B1) 6-7pm (Shawn)				
7pm		Yoga 7-8pm (Jess)		Yoga 7-8pm (Sarah)			

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 Sarah Row* (BH) 5:45-6:15am Janet	STS* (G) 5:45-6:30am Nikki	Cycle 60* (CS) 5:45-6:45am Janet	RPM* (CS) 5:45-6:30am Chris. A	Cycle 60* (CS) 5:45-6:45am Janet STS* (G) 5:45-6:30am Nikki	STS* (G) 7:15-8am Nikki	
8am	STS* (G) 8-8:45am (B2) Chris B. Row* (BH) 8:15-8:45am Jess G.		STS* (G) 8-8:45am (B2) Chris B.		Row* (BH) 8:15-8:45am Shawn	RPM* (CS) 8:15-9am Chris A.	
9am	Cycle* (CS) 9-9:45am Jess G.	Cycle* (CS) 9-9:45am Linda	Cycle* (CS) 9-9:45am Karen	Cycle* (CS) 9-9:45am Linda	Cycle* (CS) 9-9:45am Jess G.		Cycle 60* (CS) 9:15-10:15am Janet
10am		Practical Ex. (G) 10-10:55am (B2) Patra	Mild Yoga CR3 (B1) 10-11am Amanda	Practical Ex. (G) 10-10:55am (B2) Shawn			
11am		STS* (G) 11-11:45am Chris B.		STS* (G) 11-11:45am Amanda K.			
5pm		STS* (G) 5-5:45pm Amanda K.		STS* (G) 5-5:45pm Amanda K.			
6pm		RPM* (CS) 6-6:45pm Chris. A STS* (Gym) 6-6:45pm Shelley		RPM* (CS) 6-6:45pm Jess STS* (Gym) 6-6:45pm Nikki			

Format Key	Cardio	Strength	Combination	Mind/Body	Specialty
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B1= Beginner Level 1 (a portion of the class is seated/focused on low-impact options)

B2= Beginner Level 2 (more standing but still focused on low impact options)

All other classes can accommodate most fitness levels and our trained instructors are able to offer a variety of options in every class format.

*All Cycle, Cycle 60, RPM, Row, Kettlebell, and STS 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.