

## Fall Schedule Effective September 16, 2018

### Aerobics Studio

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:45am		<b>Pure Strength</b> 5:45-6:45am (Shawn)	<b>Step &amp; Abs</b> 5:45-6:45am (Shawn)	<b>Barre Fitness</b> 5:45-6:30am (Nikki)			
7am	<b>Total Body Bootcamp</b> 7-7:50am (Rita)		<b>BODYPUMP</b> 7-7:55am (Rita)		<b>Total Body Bootcamp</b> 7-7:50am (Shawn)	<b>BODYPUMP</b> 7:15-8:15am (Amy)	
8am	<b>Barre Fitness</b> 8-8:45am (Rita)	<b>Step &amp; Abs</b> 8-8:55am (Patra)	<b>Barre Fitness</b> 8-8:45am (Rita)	<b>Step &amp; Abs</b> 8-8:55am (Kathe)	<b>Barre Fitness</b> 8-8:45am (Rita)	<b>Step &amp; Abs</b> 8:30-9:20am (Angie)	
9am	<b>Step &amp; Abs</b> 9-9:55am (Deb)	<b>Zumba</b> 9-9:45am (Kelly)	<b>Step &amp; Abs</b> 9-9:55am (Kathe)	<b>Zumba</b> 9-9:45am (AJ)	<b>Step &amp; Abs</b> 9-9:55am (Patra)	<b>Vinyasa Flow Yoga</b> 9:30-10:45am (Patra)	<b>BODYPUMP</b> 9:15-10:15am (Shelley)
10am	<b>Pure Strength</b> 10-10:50am (Deidre)	<b>HIIT &amp; Roll</b> 10-10:55am (Linda)	<b>Pure Strength</b> 10-10:50am (Patra)	<b>BODYCOMBAT</b> 10-10:55am (Lina)	<b>BODYPUMP</b> 10-10:55am (Rita)		<b>BODYCOMBAT</b> 10:30-11:25am (John)
11am	<b>BODYCOMBAT</b> 11-11:55am (Lina)	<b>Barre Fitness</b> 11-11:45am (Megan)	<b>POUNDFit</b> 11-11:45am (Megan)	<b>Barre Fitness</b> 11-11:45am (Shawn)	<b>Zumba</b> 11-11:45am (Kelly)	<b>REFIT</b> 11am-12pm (Megan)	<b>Zumba (Jasmine)</b> 11:30am-12:30pm
12pm	<b>REV+FLOW</b> 12-1pm (Megan)	<b>REFIT</b> 12-1pm (Megan)	<b>BODYPUMP</b> 12-1pm (Linda)	<b>REFIT</b> 12-1pm (Megan)	<b>REV+FLOW</b> 12-1pm (Megan)		
4pm	<b>POUNDFit</b> 4:30-4:55pm (Ana)			<b>POUNDFit</b> 4:30-5pm (Megan)	<b>WERQ</b> 4:45-5:25pm (Shelley)		
5pm	<b>Total Body Bootcamp</b> 5-5:45pm (Ana)	<b>Barre HIIT</b> 5:15-5:45pm (Megan)	<b>Total Body Bootcamp</b> 5-5:45pm (Shelley)	<b>Barre HIIT</b> 5:15-5:45pm (Megan)	<b>BODYPUMP</b> 5:30-6:30pm (Kristen)		
6pm	<b>BODYPUMP</b> 6-6:55pm (Shelley)	<b>R.I.P.E.D.</b> 6-6:55pm (Shelley)	<b>BODYPUMP</b> 6-6:55pm (Shelby)	<b>R.I.P.E.D.</b> 6-6:55pm (Nikki)			
7pm	<b>WERQ</b> 7-7:45pm (Shelley)	<b>BODYCOMBAT</b> 7-8pm (John)	<b>Zumba</b> 7-8pm (Kelly)	<b>BODYCOMBAT</b> 7-8pm (John)			

### Fitness Studio

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:45am	<b>Sunrise Yoga</b> 5:45-6:45am (Becca)		<b>Sunrise Yoga</b> 5:45-6:45am (Becca)				
9am	<b>Fit for Life (B2)</b> 9-9:45am (Patra)	<b>Vinyasa Flow Yoga</b> 9-9:55am (Patra)	<b>Fit for Life (B2)</b> 9-9:45am (Patra)		<b>Fit for Life (B2)</b> 9-9:45am (Rita)	<b>Kettlebell Circuit</b> 8:45-9:20am (Patra)	<b>Kettlebell Circuit</b> 9:15-10am (Shawn)
10am	<b>Mild Yoga (B1)</b> 10-11am (Patra)		<b>Mild Yoga (B1)</b> 10-11am Amanda	<b>Vinyasa Flow Yoga</b> 10-11am (Kathe)	<b>Mild Yoga (B1)</b> 10-11am (Patra)		<b>Vinyasa Flow Yoga</b> 10:30-11:30am (Sarah)
11am	<b>Active Aging (B1)</b> 11:15am-12pm (Patra)		<b>Active Aging (B1)</b> 11:15am-12pm (Patra)				
4pm	<b>Row Fusion</b> 4:15-5pm (Steve)						
5pm		<b>Kettlebell Circuit</b> 5-5:45pm (Shelley)					
6pm	<b>Vinyasa Flow Yoga</b> 6-7pm (Cathy)		<b>Mild Yoga (B1)</b> 6-7pm (Shawn)				
7pm		<b>Vinyasa Flow Yoga</b> 7-8pm (Jess W.)		<b>Vinyasa Flow Yoga</b> 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	<b>Cycle 60* (CS)</b> 5:45-6:45am Chris G.	<b>RPM Express* (CS)</b> 5:45-6:15am Chris. A	<b>Cycle 60* (CS)</b> 5:45-6:45am Janet	<b>Cycle Express* (CS)</b> 5:45-6:15am Ashley	<b>Cycle 60* (CS)</b> 5:45-6:45am Janet	<b>STS* (G)</b> 7:15-8am Nikki	
	<b>Row* (BH)</b> 5:45-6:15am Janet	<b>STS* (G)</b> 5:45-6:30am Nikki			<b>STS* (G)</b> 5:45-6:30am Nikki		
8am	<b>STS* (G)</b> 8-8:45am (B2) Chris B.		<b>STS* (G)</b> 8-8:45am (B2) Chris B.			<b>RPM* (CS)</b> 8:15-9am Chris A.	
9am	<b>Cycle* (CS)</b> 9-9:45am Linda	<b>Cycle* (CS)</b> 9-9:45am Linda	<b>Cycle* (CS)</b> 9-9:45am Rotate	<b>Cycle* (CS)</b> 9-9:45am Linda	<b>RPM* (CS)</b> 9-9:45am Jess W.		<b>Cycle 60* (CS)</b> 9:15-10:15am Janet
10am		<b>Practical Exercise (G)</b> 10-10:55am (B2) Patra		<b>Practical Exercise (G)</b> 10-10:55am (B2) Shawn			<b>Row* (BH)</b> 10:30-11am Janet
11am		<b>STS* (G)</b> 11-11:45am Chris B.		<b>STS* (G)</b> 11-11:45am Amanda K.			
5pm		<b>STS* (G)</b> 5-5:45pm Amanda K.		<b>STS* (G)</b> 5-5:45pm Amanda K.			
6pm/7pm		<b>RPM* (CS)</b> 6-6:45pm Jess W.		<b>RPM* (CS)</b> 6-6:45pm Chris A.			

<b>Format Key</b>	<b>Cardio</b>	<b>Strength</b>	<b>Combination</b>	<b>Yoga</b>	<b>Senior</b>
-------------------	---------------	-----------------	--------------------	-------------	---------------

**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, 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](http://fitness.borgess.com)**

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