

Fall Schedule Effective November 5, 2018

Aerobics Studio

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

Fitness Studio

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

Format Key	Cardio	Strength	Combination	Yoga	Senior
-------------------	---------------	-----------------	--------------------	-------------	---------------

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

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