

Winter Schedule Effective January 21, 2019

Aerobics Studio

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:45am	BODYPUMP 5:45-6:45am Amy	Total Body Bootcamp 5:45-6:45am Shawn	BODYCOMBAT 5:45-6:45am Amy	Barre Fitness ** 5:45-6:30am Nikki			
7am	BODYPUMP 7-7:55am Rita		Total Body Bootcamp 7-7:45am Rita		BODYPUMP 7-7:55am Amy	BODYPUMP 7:15-8:15am Amy	
8am	Barre Fitness ** 8-8:45am Rita	Step & Abs 8-8:50am Becca	Barre Fitness ** 8-8:45am Rita	Step & Abs 8-8:50am Angie	Mat Pilates ** 8-8:45am Deidre	Step & Abs 8:30-9:30am Angie	
9am	Step & Abs 9-9:50am Robin	Zumba 9-9:45am Kelly	Step & Abs 9-9:50am Becky	Zumba 9-9:45am AJ	Step & Abs 9-9:55am Robin	Vinyasa Yoga 9:45-11:00am Shawn	BODYPUMP 9:15-10:15am John
10am	Pure Strength 10-10:50am Deidre	Total Body Bootcamp 10-10:50am Linda	BODYPUMP 10-10:55am Linda	BODYCOMBAT 10-10:55am Lina	Pure Strength ** 10-10:50am Jess G.		BODYCOMBAT 10:30-11:25am John
11am	BODYCOMBAT 11-11:55am Lina	Barre Fitness ** 11-11:45am Megan	REV+FLOW ** 11-11:55pm Megan	Barre Fitness ** 11-11:45am Shawn	Zumba 11-11:45am Kelly	REFIT 11:15-12:15pm Megan	Zumba 11:30-12:30pm Jasmine
12pm +	REV+FLOW ** 12-1pm Megan	REFIT 12-1pm Megan	WERQ 12-12:45pm Shelley	REFIT 12-1pm Megan	REV+FLOW ** 12-1pm Megan		
5pm	Total Body Bootcamp 5-5:45pm Ana	Zumba 5-5:45pm Jasmine	Total Body Bootcamp 5-5:45pm Shelley	Pure Strength 5-5:45pm Ana	WERQ 5-5:45pm Shelley		
6pm	BODYPUMP 6-7pm Shelley	BODYCOMBAT 6-6:55pm Julie	BODYPUMP 6-7pm Shelby	BODYCOMBAT 6-6:55pm Lina	BODYPUMP 6-7pm Shelley		
7pm	WERQ 7:15-8pm Shelley	BODYPUMP 7-8pm Shelley	Zumba 7:15-8pm Kelly	R.I.P.P.E.D. 7-8pm Nikki			

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 ** 9-9:45am Rita	Butts & Guts ** 9:15-9:45am Jess G.	Fit for Life ** 9-9:45am Rita	Butts & Guts ** 9:15-9:45am Jess G.	Fit for Life ** 9-9:45am Chris B.	Kettlebell Circuit 9-9:30am Shawn	
10am	Mild Yoga ** 10-11am Robin	Vinyasa Yoga 10-11am Jess G.	Mild Yoga ** 10-11am Amanda S.	Vinyasa Yoga 10-11am Jess G.	Mild Yoga ** 10-11am Robin		Vinyasa Yoga 10:30-11:30am Sarah
11am	Guided Meditation 11:05-11:20am Robin				Guided Meditation 11:05-11:20am Robin		
4pm	Row Fusion 4:15-5pm Steve	Yoga/Pilates Fusion 4:30-5:15pm Jess G.	Cycle Fusion 4:15-5:00pm Jess G.	Butts & Guts ** 4:30-4:55pm Robin			
5pm		Kettlebell Circuit 5:30-6pm Jess G.		Yoga/Pilates Fusion 5-5:45pm Robin Guided Meditation 5:45-6pm Robin			
6pm	Vinyasa Yoga 6-7pm Cathy		Mild Yoga ** 6-7pm Shawn				
7pm		Vinyasa Yoga 7-8pm Jess W.		Vinyasa Yoga 7-8pm Sarah			

Other Spaces

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

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:45am or 7am	Cycle 60* (CS) 5:45-6:45am Chris G. Row* (BH) ** 5:45-6:15am Janet	STS* (G) 5:45-6:30am Nikki RPM* (CS) 5:45-6:30am Chris A.	Cycle 60* (CS) 5:45-6:45am Janet		STS* (G) 5:45-6:30am Nikki Cycle 60* (CS) 5:45-6:45am Janet	STS* (G) 7:15-8am Nikki	
8am	STS* (G) ** 8-8:45am Chris B. Row* (BH) ** 8:15-8:45am Jess G.		STS* (G) ** 8-8:45am Chris B.		STS Express* (G) 8:15-8:45am Jess G.	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 Taylor	Cycle* (CS) ** 9-9:45am Linda	RPM* (CS) 9-9:45am Jess W./Amy	Cycle 60* (CS) 9:15-10:15am Joyce	Cycle 60* (CS) 9:15-10:15am Janet
10am		Practical Exercise (G) ** 10-10:55am Chris B.		Practical Exercise (G) ** 10-10:55am 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/Beginner
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***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.

****These classes are focused on low impact or seated options, perfect for beginners or those with limitations.**
All other classes can accommodate most fitness levels and our trained instructors are able to offer a variety of options in every class format.
Always work at your own pace and own ability.

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: Jessica.Goldsmith@ascension.org or 552-2343