

Spring Schedule Effective April 29, 2019

Aerobics Studio

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:45am	BODYPUMP 5:45-6:45am Amy	Step & Abs 5:45-6:45am Shawn	Total Body Conditioning 5:45-6:30am Nikki	Barre Fitness ** 5:45-6:30am Nikki			
7am	BODYPUMP 7-7:55am Rita		Total Body Conditioning 7-7:50am Rita		BODYPUMP 7-7:55am Amy	BODYPUMP 7:15-8:15am Amy	
8am	Barre Fitness ** 8-8:45am Rita	Step & Abs 8-9am Robin	Barre Fitness ** 8-8:45am Rita	Step & Abs 8-8:50am Kathe	Mat Pilates ** 8-8:50am Deidre	Step & Abs 8:30-9:30am Angie	
9am	Step & Abs 9-9:50am Deb	Butts & Guts ** 9:15-9:45am Jess G.	Step & Abs 9-9:50am Kathe	Zumba 9-9:45am AJ	Step & Abs 9-9:50am Robin	Vinyasa Yoga 9:45-11:00am Jess G./Cathy T.	BODYPUMP 9:30-10:25am Rotate
10am	Total Body Conditioning 10-10:50am Deidre	Total Body Conditioning 10-10:50am Linda	BODYPUMP 10-11am Linda	STRONG 10-10:45am Jess G.	Total Body Conditioning 10-10:50am Jess G.		BODYCOMBAT 10:30-11:25am John
11am	Drum Flow 11-11:45am Megan	Barre Fitness ** 11-11:45am Megan	REV+FLOW ** 11:15am-12pm Megan	Barre Fitness ** 11-11:45am Shawn	Zumba 11-11:45am Kelly	REFIT 11:15am-12:15pm Megan	Zumba 11:30-12:30pm Jasmine
12pm +	REV+FLOW ** 12-1pm Megan	REFIT 12-1pm Megan	STRONG 30 12:15-12:45pm AJ	REFIT 12-1pm Megan	REV+FLOW ** 12-1pm Megan		
5pm	Total Body Conditioning 5-5:45pm Ana	Zumba 5-5:45pm Jasmine	BODYPUMP 5-6pm Shelley	Total Body Conditioning 5-5:45pm Ana	WERQ 5-5:45pm Shelley		
6pm	BODYPUMP 6-7pm Shelley	BODYCOMBAT 6-7pm Julie	STRONG 6:15-7pm Jess G.	BODYCOMBAT 6-7pm Toysa	BODYPUMP 6-7pm Shelley		
7pm	WERQ 7:15-8pm Shelley	Total Body Conditioning 7:15-8pm Shelley					

Fitness Studio

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6am			Power Yoga 6:15-7am Becca				
9am	Fit for Life ** 9-9:45am Rita		Fit for Life ** 9-9:45am Rita	Butts & Guts ** 9:15-9:45am Jess G.	Fit for Life ** 9-9:45am Chris B.		
10am	Mild Yoga ** 10-11am Robin	Yoga/Pilates Fusion 10-11am Jess G.	Mild Yoga ** 10-11am Amanda S.	Vinyasa Yoga 10-11am Kathe	Mild Yoga ** 10-11am Robin		Vinyasa Yoga 10:30-11:30am Sarah
11am	Guided Meditation 11-11:15am Robin				Guided Meditation 11-11:15am Robin		
4pm	Row Fusion 4:15-5pm Steve						
5pm		Power Yoga 5-6pm Jess G.	Butts & Guts ** 5:15-5:45pm 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				

Other Spaces

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

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:45am – 7:30am	Cycle 60* (CS) 5:45-6:45am Chris G. Row* (BH) 5:45-6:15am Janet	STS* (G) 5:45-6:30am Nikki	Cycle 60* (CS) 5:45-6:45am Janet		STS* (G) 5:45-6:30am Nikki Cycle 60* (CS) 5:45-6:45am Janet		
8am	STS* (G) ** 8-8:45am Chris B. Row 8:15-8:45am Jess G.		STS* (G) ** 8-8:45am Chris B.			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 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		RPM* (CS) 6-6:45pm Jess W.		RPM* (CS) 6-6:45pm Chris A.			

Format Key	Cardio	Strength	Combination	Mind/Body	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