

# Fall Schedule Effective September 16, 2019

## Aerobics Studio

Start Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:45-6am	TBC 5:45-6:30am Nikki	BODYFLOW 6-7am Jess G.	BODYPUMP 5:45-6:45am Amy	Barre Fitness 5:45-6:30am Nikki			
7am +	BODYPUMP 7-7:55am Rita		TBC 7-7:50am Jess G.		BODYPUMP 7-7:55am Amy	BODYPUMP 7:15-8:15am Lindsay	
8am +	Barre Fitness 8-8:45am Rita	Zumba 8-8:45am Andrea	Barre Fitness 8-8:45am Taylor	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	STRONG 9-9:45am Jess G.	Step & Abs 9-9:50am Kathe	Zumba 9-9:45am AJ	Step & Abs 9-9:50am Robin	Vinyasa Yoga 9:45-11am Jess G./Cathy	BODYPUMP 9:30-10:30am Lindsay/Michaela
10am +	TBC 10-10:50am Deidre	TBC 10-10:50am Linda	BODYPUMP 10-11am Linda	STRONG 10-10:45am Jess G.	BODYPUMP 10-10:55am Becky		SHINE 10:45-11:30am Lindsay
11am +	Drum Flow 11-11:45am Megan	REFIT 11am-12pm Megan	Mat Pilates 11:10am-12pm Joy	Ballet Fitness 11am-12pm Joy	Barre Fitness 11-11:45am Shawn	REFIT 11:15a-12:15p Megan	
12pm +	REV+FLOW 12-1pm Megan		Zumba 12:10-12:55pm Andrea		REV+FLOW 12-1pm Megan	Tae Kwon Do (\$) 2:15-3:15pm Sherri	
5pm +	TBC 5-5:45pm Ana	REV+FLOW 5-5:45pm Megan	BODYPUMP 5-6pm Shelley	TBC 5:10-5:55pm Nikki	BODYPUMP 5:30-6:30pm Shelley		
6pm +	BODYPUMP 6-7pm Michaela	STRONG 6-6:45pm Bridgette	SHINE 6:15-7pm Lindsay	STRONG 6-6:45pm Jess G.			

## Fitness Studio

\*Please leave all personal belongings in a locker or outside the studio space when attending class

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9am	Fit for Life 9-9:45am Rita		Qigong (\$) ** 9-9:45am Scott		Fit for Life 9-9:45am Chris B.		
10am +	Mild Yoga 10-11am Robin	BODYFLOW 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		
5pm +		BODYFLOW 5:30-6:30pm Amy		Vinyasa Yoga 5:30-6:30pm Amanda/Desiree			
6pm +	Vinyasa Yoga 6-7pm Cathy		BODYFLOW 6:30-7:30pm Jess G.				
7pm				Prenatal Yoga (\$) 7-7:45pm Jess G.			

## Other Spaces

CS- Cycle Studio; G- Gymnasium

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:45am	RPM* (CS) 5:45-6:30am Amy	STS/KB Fusion*(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.		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	RPM* (CS) 9-9:45am Amy	Cycle* (CS) 9-9:45am Linda	RPM* (CS) 9-9:45am Jess W.		Cycle 60* (CS) 9:15-10:15am Janet
10am		Practical Exercise (G) 10-10:55am Chris B.		Practical Exercise (G) 10-10:55am Shawn			
11am		STS* (G) 11-11:45am Chris B.		STS* (G) 11-11:45am Amanda K.			
5pm +	Cycle 60* (CS) 5:30-6:30pm Michelle/Joyce	STS* (G) 5-5:45pm Amanda K.	Cycle* (CS) 5:30-6:15pm Jess G.	STS/KB Fusion* (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 Strength & Cardio	Mind/Body	Senior/Beginner	Specialty (\$)
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\*All Cycle, Cycle 60, RPM, 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.

(\$) - Specialty classes are registration only and run for 4- or 8-week sessions. See the front desk or contact the Group Exercise Coordinator for more information or to register for class.

You can sign up for the session after it has started for a prorated amount.

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

If you have questions regarding a class or format, please contact the Group Exercise Coordinator: [Jessica.Goldsmith@ascension.org](mailto:Jessica.Goldsmith@ascension.org) or 269-552-2343.