


# GROUP CLASSES - February 2019\*

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>7:00-8:10AM</b> <b>LEVEL I/II</b> <b>YOGA</b> Sue	<b>7:00-8:10AM</b> <b>LEVEL I/II</b> <b>YOGA</b> Mike	<b>7:00 - 8:10AM</b> <b>LEVEL I/II</b> <b>YOGA</b> Sherida	<b>7:00-8:10AM</b> <b>LEVEL I/II</b> <b>YOGA</b> Mike	<b>7:00-8:10AM</b> <b>LEVEL I/II</b> <b>YOGA</b> Sherida		<b>8:30AM</b> <b>MAT</b> <b>PILATES</b> Vicki
<b>8:15-9:00AM</b> <b>CARDIO</b> <b>CLASS</b> Serena	<b>8:15-9:00AM</b> <b>CARDIO &amp;</b> <b>SCULPT</b> Sue	<b>8:15-9:00AM</b> <b>TOTAL BODY</b> <b>STRENGTH</b> Elaine	<b>8:15-9:00AM</b> <b>CARDIO</b> <b>DANCE</b> Sue	<b>8:15-9:00AM</b> <b>TOTAL BODY</b> <b>STRENGTH</b> Sue	<b>8:00AM</b> <b>CARDIO</b> <b>CLASS</b> Elaine	<b>9:30AM</b> <b>STEP &amp;</b> <b>SCULPT</b> Elaine
<b>9:00AM</b> <b>TOTAL BODY</b> <b>STRENGTH</b> Serena	<b>9:00AM</b> <b>GROUP</b> <b>CYCLE</b> Sue 	<b>9:00AM</b> <b>CARDIO &amp;</b> <b>SCULPT</b> Elaine	<b>9:00AM</b> <b>CARDIO &amp;</b> <b>PILATES</b> Vicki	<b>9:00 - 10:00AM</b> <b>CARDIO</b> <b>CLASS</b> Sue	<b>9:00AM</b> <b>WATER</b> <b>EXERCISE**</b> Elaine	<b>10:30AM - 11:30AM</b> <b>WATER</b> <b>EXERCISE**</b> Elaine
<b>10:00-10:30AM</b> <b>TAI CHI - Sue</b>	<b>10:00AM</b> <b>CORE</b> <b>CLASS</b> Alfonso		<b>10:00AM</b> <b>CORE</b> <b>CLASS</b> Alfonso	<b>10:00-10:30AM</b> <b>TAI CHI - Sue</b>	<b>10:00-11:10AM</b> <b>CORE YOGA</b> <b>&amp; PILATES</b> Rose	<b>10:30AM - NOON</b> <b>VINYASA YOGA</b> <b>&amp; MEDITATION</b> Rose
<b>10:30AM</b> <b>STRETCH</b> <b>CLASS</b> Sue	<b>10:15AM</b> <b>WATER</b> <b>EXERCISE**</b> Sue	<b>10:30AM</b> <b>STRETCH</b> <b>CLASS</b> Iku	<b>10:15AM</b> <b>WATER</b> <b>EXERCISE**</b> Sue	<b>10:30AM</b> <b>STRETCH</b> <b>CLASS</b> Sue		
<b>11:30AM</b> <b>CHAIR</b> <b>EXERCISE</b> Sue		<b>11:30AM</b> <b>CHAIR</b> <b>EXERCISE</b> Iku		<b>11:30AM</b> <b>CHAIR</b> <b>EXERCISE</b> Sue		

**6:30PM**  
**GROUP**  
**CYCLE**  
Janelle 

**7:00PM**  
**CARDIO DANCE**  
**& Conditioning**  
Iku

**6:00PM**  
**ZUMBA®**  
**DANCE**  
Nargis

**7:00 - 8:15PM**  
**YOGA**  
**LEVEL I & II**  
Michelle

**► New class, time or instructor**

**\*\*Water Exercise held at West Pool**

**Afternoon/Evening Classes**

**FITNESS CENTER HOURS**

**WEEKDAYS** 5:30AM - 10:00PM  
**WEEKENDS** 7:00AM - 8:00PM

\*schedule is subject to changes  
≥6 to maintain class on schedule

 **Group Cycle - Limited space, sign-up at front desk required**