


# GROUP CLASSES - January 2020\*

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00-8:10AM LEVEL I/II YOGA Sue	7:00-8:10AM LEVEL I/II YOGA Mike	7:00 - 8:10AM LEVEL I/II YOGA Michele	7:00-8:10AM LEVEL I/II YOGA Mike	7:00-8:10AM LEVEL I/II YOGA Michele	8:00AM CARDIO CLASS Elaine	8:30AM PILATES & STRETCH Vicki
8:15-9:00AM CARDIO CLASS Serena	8:15-9:00AM CARDIO & SCULPT Sue	8:15-9:00AM TOTAL BODY STRENGTH Elaine	8:15-9:00AM CARDIO DANCE Sue	8:15-9:00AM TOTAL BODY STRENGTH Sue	9:00AM Reset & Release CLASS Sina	
9:00AM TOTAL BODY STRENGTH Serena	9:00AM GROUP CYCLE Sue 	9:00AM CARDIO & SCULPT Elaine	9:00AM PILATES & STRETCH Vicki	9:00 - 10:00AM CARDIO CLASS Sue	9:00AM WATER EXERCISE** Elaine	10:30AM - 11:30AM WATER EXERCISE** Elaine
10:00-10:30AM TAI CHI - Sue	10:00AM CORE CLASS Alfonso	10:00-10:30AM Energy Boost - Sina	10:00AM CORE CLASS Alfonso	10:00-10:30AM TAI CHI - Sue	10:00-11:10AM CORE YOGA & PILATES Rose	10:30AM - NOON VINYASA YOGA & MEDITATION Rose
10:30AM STRETCH CLASS Sue	10:15AM WATER EXERCISE** Sue	10:30AM STRETCH CLASS Iku	10:15AM WATER EXERCISE** Sue	10:30AM STRETCH CLASS Sue		
11:30AM CHAIR EXERCISE Sue		11:30AM CHAIR EXERCISE Iku		11:30AM CHAIR EXERCISE Sue		

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

**6:00PM  
ZUMBA®  
DANCE**  
Nargis

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

<b>► New class, time or instructor</b>	
**Water Exercise held at West Pool	
<b>Afternoon/Evening Classes</b>	
<b>FITNESS CENTER HOURS</b>	
WEEKDAYS	5:30AM - 10:00PM
WEEKENDS	7:00AM - 8:00PM
*schedule is subject to changes ≥6 to maintain class on schedule	
 <b>Group Cycle - Limited space, sign-up at front desk required</b>	