

GROUP FITNESS SCHEDULE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						Full Body Strength Beth R. 8:30-9:15am
	Mat Pilates Karen P. 8:30-9:30am	Barre Burn Karen P. 8:30-9:30am	Total Body Weights Karen P. 8:30-9:30am	Mat Pilates Karen P. 8:30-9:30am	Total Body Weights Karen P. 8:30-9:30am	Cycle Bruce G. 8:30-9:30am
Restorative Yoga Sarah S. 9:00-10:15AM	Slow Flow Yoga Sydney A. 9:30-10:30am		Vinyasa Flow Shari R. 9:30-10:30am	Mixed Level Warm Yoga Sydney A. 9:30-10:45AM	Beginning Yoga Shari R. 9:30-10:30am	REB3L Groove Tricia C. 9:30-10:30am
HIIT Strength Beth R. 10:00-11:00am						Vinyasa Flow Emily G. 9:30-10:30am
						REB3L Strength Tricia C. 10:45-11:45am
	REB3L Strength Tricia C. 5:30-6:30pm	BodyPump Heather S. 5:30-6:30pm	REB3L Groove Tricia C. 5:30-6:30pm	Cycle Bruce G. 5:30-6:30pm		
	Vinyasa Yoga Shari R. 5:45-6:45pm	Yoga Sculpt Sydney A. 5:30-6:30pm	Vinyasa Flow Shari R. 5:30-6:30pm	Vinyasa Yoga Buffy.o. 5:30-6:30pm		
		Forty5 Cycle Bruce G. 6:00-6:45pm		BodyPump Heather S. 5:30-6:30pm		
	REB3L Groove Tricia C. 6:45-7:45pm	Slow Flow & Balance Yoga Sydney A. 6:45-7:45pm	REB3L Strength Viki 6:45-7:45pm	BODYCOMBAT Heather S. 6:45-7:45pm		