


Group Fitness September 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>No Classes Today</p> 	<p>Club Hours: 7:00am-4:00pm</p> <p>9:00 BodyAttack (1) Ashley 9:00 Spin (3) Chris C 9:00 Aqua BC (P) Jennifer 10:00 BodyPump (1) Shannon 10:00 BodyBalance (2) Sheila</p>	<p>6:00 SPRINT (3) Wade 6:00 Uppercut Boxing (1) Philip 8:00 Tone & Balance 45 (2) Shana 9:00 Aqua BC (P) Jennifer 9:00 BodyBalance(2) Chelsea 9:00 SPRINT (3) Sara 9:30 BodyAttack (1) Eric 10:15 Barre (2) Cassie 10:35 BodyPump(1) Mikaela 4:30 BC/BP 75(1) VIRTUAL 6:00 BodyBalance (2) Kristi 6:45 Cardio Dance (1) Jenna 7:00 Rest. Yoga 45 (2) Karen</p>	<p>6:00 Bootcamp 45 (1) Philip 8:30 Pure Muscle 45 (1) Eric 9:00 Aqua BC (P) Pam 9:00 Pilates (2) Karen 9:20 CardioStep 45(1) Shana 10:10 Core 30 (1) Shana 10:15 Aqua (P) Donna 10:15 Yoga (2) Karen 10:45 Go Low(1) Elizabeth 12:00 BodyPump 45 (1) Sara 12:00 RPM SPIN (3) Meg 4:30 Functional Step (1) Shana 5:30 BodyCombat(1) Ashley 5:30 SPIN 45 (3) Kari 6:00 Aqua (P) Alesia 6:00 Yoga (2) Jenna 6:30 BodyPump (1) Courtney</p>	<p>6:00 SPRINT (3) Shana 8:00 Tone & Balance 45(2) Monique 9:00 BodyBalance (2) Karen 9:00 SPIN 45 (3) Shana 9:30 BOSU (1) Eric 10:00 SPRINT (3) Mikaela 10:15 QiGong (2) Bill/Linda 10:45 BodyPump (1) Ashley 5:00 Barre (2) Erika 5:30 Bootcamp 45 (1) Philip 6:45 Cardio Dance (1) Jenna</p>	<p>6:00 BodyPump (1) Jackie 8:30 Kickboxing (1) Alesia 8:30 SPIN 45(3) Sara 9:00 Aqua (P) Kristi 9:00 Barre (2) Shana 9:35 BodyPump (1) Courtney 10:00 Jointercize (P) Kristi 10:00 Power Yoga (2) Shana 10:45 Go Low (1) Shana 12:00 SPIN (3) Monique 1:15 Rest. Yoga 45 (2) Chris C 5:30 BodyPump (1) Jenna Ashley</p>	<p>8:00 BodyStep (1) Jackie 8:00 RPM SPIN 45 (3) Meg 9:00 Aqua BC (P) Kari 9:00 BodyBalance(2) Jackie 9:05 SPRINT (3) Wade 9:05 BodyPump (1) Betsy 10:00 Barre (2) Candace 10:15 BodyAttack 45(1) Shannon 11:00 Yoga (2) Shana 11:05 Core 30 (1) Shannon</p>
<p>11:30 BST/BP 90 (1) Jackie 1:00 Yoga (2) Michael 1:00 SPIN (3) VIRTUAL 2:00 BodyPump (1) Ashley 2:00 BodyBalance (2) Karen</p>	<p>6:00 BodyPump (1) Sara 8:30 Barre (2) Shana 8:30 BodyCombat(1) Victoria 8:30 SPIN 45 (3) Sara 9:00 Aqua BC (P) Jennifer 9:30 Core Fusion 25 (2) Shana 9:30 Core 25 (1) Eric 10:00 PureMuscle 45(1) Eric 10:00 Yoga (2) Sheila 10:15 Aqua (P) Karen K 10:45 GoLow (1) Monique 12:00 SPIN (3) Chris C 4:30 Cardio Step (1) Shana 5:00 Barre (2) Candace 5:30 BodyAttack (1) Shannon 6:00 Aqua (P) Kristi 6:15 SPIN 45 (3) Chris O 6:00 Yoga (2) Karen 6:30 BodyPump (1) Alesia</p>	<p>6:00 SPRINT (3) Wade 6:00 Uppercut Boxing (1) Philip 8:00 Tone & Balance 45 (2) Monique 9:00 Aqua BC (P) Jennifer 9:00 BodyBalance(2) Karen 9:00 SPRINT (3) Shana 9:30 BodyAttack (1) Eric 10:15 Barre (2) Chelsea 10:35 BodyPump(1) Whitney 4:30 BC/BP 75(1) VIRTUAL 6:00 BodyBalance (2) Kristi 6:45 Cardio Dance (1) Jenna 7:00 Rest. Yoga 45 (2) Karen</p>	<p>6:00 Bootcamp 45 (1) Sara 8:30 Pure Muscle 45 (1) Sara 9:00 Aqua BC (P) Stephanie 9:00 Pilates (2) Karen 9:20 CardioStep 45(1) Shana 10:10 Core 30 (1) Shana 10:15 Aqua (P) Stephanie 10:15 Yoga (2) Karen 10:45 Go Low(1) Elizabeth 12:00 BodyPump 45 (1) Betsy 12:00 SPIN RPM (3) Meg 4:30 Functional Step (1) Shana 5:30 BodyCombat(1) Victoria 5:30 SPIN 45 (3) Kari 6:00 Aqua (P) Kristi 6:00 Yoga (2) Michael 6:30 BodyPump (1) Courtney</p>	<p>6:00 SPRINT (3) Shana 8:00 Tone & Balance 45(2) Elizabeth 9:00 BodyBalance (2) Sara 9:00 SPIN 45 (3) Monique 9:30 Bootcamp 45 (1) Eric 10:00 SPRINT (3) Mikaela 10:15 QiGong (2) Bill/Linda 10:45 BodyPump (1) Whitney 5:00 Barre (2) Kristi 5:30 Bootcamp 45 (1) Philip 6:45 Cardio Dance (1) Jenna</p>	<p>6:00 BodyPump (1) Sheila 8:30 Kickboxing(1) Alesia 8:30 SPIN 45(3) Stephanie 9:00 Aqua (P) Jennifer 9:00 BodyBalance(2) Chelsea 9:05 SPRINT (3) Betsy 9:05 BodyPump (1) Shannon 10:00 Barre (2) Candace 10:15 BodyAttack 45(1) Michael 11:00 Yoga (2) Sheila 11:05 Core 30 (1) Eric</p>	<p>8:00 BodyStep (1) Jackie 8:00 SPIN 45 (3) Monique 9:00 Aqua BC (P) Pam 9:00 BodyBalance(2) Jackie 9:05 SPRINT (3) Wade 9:05 BodyPump (1) Shannon 10:00 Barre (2) Candace 10:15 BodyAttack 45(1) Eric 11:00 Yoga (2) Sheila 11:05 Core 30 (1) Eric</p>

(1) = Studio #1 (2) = Studio #2 (3) = Studio #3 (P) = Pool

All classes are 50-55 minutes in length Unless otherwise noted with a number after (ie... BodyStep/BodyPump 90, class is 90 minutes in length)

BST/BP 90 = Combo BodyStep and BodyPump

Indoor Cycling... SPIN Classes will focus on Coach by Color and FTW (Functional Threshold Watt) training Spin-RPM—Les Mills Indoor Cycling Program
SPRINT—Les Mills 30 minute High Intensity Interval Training on the Indoor Cycle

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>15</p> <p>11:30 BC/BP 90 (1) 1:00 Restore Yoga (2) 1:00 SPIN (3) 2:00 BodyPump (1) 2:00 BodyBalance (2)</p> <p>VIRTUAL Karen Michael Alesia Karen</p>	<p>16</p> <p>6:00 BodyPump (1) 8:30 Barre (2) 8:30 BodyCombat(1) 8:30 SPIN 45 (3) 9:00 Aqua BC (P) 9:30 Core Fusion 25 (2) 9:30 Core 25 (1) 10:00 PureMuscle 45(1) 10:00 Yoga (2) 10:15 Aqua (P) 10:45 GoLow (1) 12:00 RPM SPIN (3) 4:30 Cardio Step (1) 5:00 Barre (2) 5:30 BodyAttack (1) 6:00 Aqua (P) 6:15 SPIN 45 (3) 6:00 Yoga (2) 6:30 BodyPump (1)</p> <p>Whitney Chelsea Shannon Monique Sara Chelsea Eric Eric Eric Jenna Karen K Sheila Meg Shana Candace Mikaela Kari Chris O Alesia Courtney</p>	<p>17</p> <p>6:00 SPRINT (3) 6:00 Uppercut Boxing (1) 8:00 Tone & Balance 45 (2) 9:00 Aqua BC (P) 9:00 BodyBalance(2) 9:00 SPRINT (3) 9:30 BodyAttack (1) 10:15 Barre (2) 10:35 BodyPump(1) 4:30 BST/BP 75(1) 6:00 BodyBalance (2) 6:45 Cardio Dance (1) 7:00 Rest. Yoga 45 (2)</p> <p>Wade Philip Sheila Stephanie Cassie Sara Eric Erika Mikaela Alesia Karen Jenna Karen</p>	<p>18</p> <p>6:00 Bootcamp 45 (1) 8:30 Pure Muscle 45 (1) 9:00 Aqua BC (P) 9:00 Pilates 45 (2) 9:20 CardioStep 45(1) 10:10 Core 30 (1) 10:15 Aqua (P) 10:15 Yoga (2) 10:45 Go Low(1) 12:00 BodyPump 45 (1) 12:00 SPIN (3) 4:30 Functional Step (1) 5:30 BodyCombat(1) 5:30 SPIN 45 (3) 6:00 Aqua (P) 6:00 Yoga (2) 6:30 BodyPump (1)</p> <p>Philip Shana Pam Karen Shana Shana Donna Karen Elizabeth Sara Stephanie Shana Ashley Sheila Kristi Jenna Mikaela</p>	<p>19</p> <p>6:00 SPRINT (3) 8:00 Tone & Balance 45(2) 9:00 BodyBalance (2) 9:00 SPIN 45 (3) 9:30 BOSU (1) 10:00 SPRINT (3) 10:15 QiGong (2) 10:45 BodyPump (1) 5:00 Barre (2) 5:30 Bootcamp 45 (1) 6:45 Cardio Dance (1)</p> <p>Shana Elizabeth Karen Stephanie Eric Sara Bill/Linda Ashley Erika Philip Jenna</p>	<p>20</p> <p>6:00 BodyPump (1) 8:30 Kickboxing (1) 8:30 SPIN 45(3) 9:00 Aqua (P) 9:00 Barre (2) 9:35 BodyPump (1) 10:00 Power Yoga (2) 10:00 Jointercize (P) 10:45 Go Low (1) 12:00 SPIN (3) 1:15 Rest. Yoga 45 (2) 5:30 BodyPump (1)</p> <p>Sheila Shana Stephanie Erika Sara Betsy Shana Stephanie Eric Chris C Jenna Whitney</p>	<p>21</p> <p>8:00 BodyStep (1) 8:00 SPIN 45 (3) 9:00 Aqua BC (P) 9:00 BodyBalance(2) 9:05 SPRINT (3) 9:05 BodyPump (1) 10:00 Barre (2) 10:15 BodyAttack 45(1) 11:00 Yoga (2) 11:05 Core 30 (1)</p> <p>VIRTUAL Ashley Stephanie Chelsea Mikaela Courtney Cassie Shannon Sheila Shannon</p>
<p>22</p> <p>11:30 BST/BP 90 (1) 1:00 Yoga (2) 1:00 SPIN (3) 2:00 BodyPump (1) 2:00 BodyBalance (2)</p> <p>Alesia Michael VIRTUAL VIRTUAL Sheila</p>	<p>23</p> <p>6:00 BodyPump (1) 8:30 Barre (2) 8:30 BodyCombat(1) 8:30 SPIN 45 (3) 9:00 Aqua BC (P) 9:30 Core Fusion 25 (2) 9:30 Core 25 (1) 10:00 PureMuscle 45(1) 10:00 Yoga (2) 10:15 Aqua (P) 10:45 GoLow (1) 12:00 SPIN (3) 4:30 Cardio Step (1) 5:00 Barre (2) 5:30 BodyAttack (1) 6:00 Aqua (P) 6:15 SPIN 45 (3) 6:00 Yoga (2) 6:30 BodyPump (1)</p> <p>Sara Cassie Victoria Sara Stephanie Cassie Eric Eric Sheila Stephanie Mikaela Chris C Shana Chelsea Shannon Erika Chris O Karen Shannon</p>	<p>24</p> <p>6:00 SPRINT (3) 6:00 Uppercut Boxing (1) 8:00 Tone & Balance 45 (2) 9:00 Aqua BC (P) 9:00 BodyBalance(2) 9:00 SPRINT (3) 9:30 BodyAttack (1) 10:15 Barre (2) 10:35 BodyPump(1) 4:30 BST/BP 75(1) 6:00 BodyBalance (2) 6:45 Cardio Dance (1) 7:00 Rest. Yoga 45 (2)</p> <p>Wade Philip Monique Jennifer Chelsea Sara Shana Mikaela Ashley Alesia Kristi Jenna Karen</p>	<p>25</p> <p>6:00 Bootcamp 45 (1) 8:30 Pure Muscle 45 (1) 9:00 Aqua BC (P) 9:00 Pilates 45 (2) 9:20 CardioStep 45(1) 10:10 Core 30 (1) 10:15 Aqua (P) 10:15 Yoga (2) 10:45 Go Low(1) 12:00 BodyPump 45 (1) 12:00 RPM SPIN (3) 4:30 Functional Step (1) 5:30 BodyCombat(1) 5:30 SPIN45 (3) 6:00 Aqua (P) 6:00 Yoga (2) 6:30 BodyPump (1)</p> <p>Stephanie Stephanie Pam Karen Shana Shana Donna Karen Elizabeth Betsy Meg Shana Victoria Ashley Jennifer Michael Courtney</p>	<p>26</p> <p>6:00 SPRINT (3) 8:00 Tone & Balance 45(2) 9:00 BodyBalance (2) 9:00 SPIN 45 (3) 9:30 Bootcamp 45 (1) 10:00 SPRINT (3) 10:15 QiGong (2) 10:45 BodyPump (1) 5:00 Barre (2) 5:30 Bootcamp 45 (1) 6:45 Cardio Dance (1)</p> <p>Shana Elizabeth Sara Shana Eric Shana Bill/Linda Whitney Kristi Philip Jenna</p>	<p>27</p> <p>6:00 BodyPump (1) 8:30 Kickboxing(1) 8:30 SPIN 45(3) 9:00 Aqua (P) 9:00 Barre (2) 9:35 BodyPump (1) 10:00 Power Yoga (2) 10:00 Jointercize (P) 10:45 Go Low (1) 12:00 SPIN (3) 1:15 Rest. Yoga 45 (2) 5:30 BodyPump (1)</p> <p>Ashley Shannon Shana Kristi Erika Courtney Michael Kristi Eric Sheila Sheila Mikaela</p>	<p>28</p> <p>8:00 BodyStep (1) 8:00 SPIN 45 (3) 9:00 Aqua BC (P) 9:00 BodyBalance(2) 9:05 SPRINT (3) 9:05 BodyPump (1) 10:00 Barre (2) 10:15 BodyAttack 45(1) 11:00 Yoga (2) 11:05 Core 30 (1)</p> <p>VIRTUAL Sheila Erika Sheila Shannon Whitney Shana Ashley Shana Ashley</p>

Schedule Changes in September

MONDAY:

8:30 BodyStep CANCELLED
8:30 Kickboxing/BodyCombat ADDED

TUESDAY:

8:30 Kickboxing/BodyCombat CANCELLED

THURSDAY:

8:30 BOSU/Functional Step CANCELLED
9:30 Bootcamp will alternate weeks with BOSU



Due to instructor unavailability, several classes will be offered in a virtual format. Thanks for understanding!

<p>29</p> <p>11:30 BST/BP 90 (1) 1:00 Restore Yoga (2) 1:00 SPIN (3) 2:00 BodyPump (1) 2:00 BodyBalance (2)</p> <p>VIRTUAL Sheila Michael VIRTUAL Sheila</p>	<p>30</p> <p>6:00 BodyPump (1) 8:30 Barre (2) 8:30 Kickboxing(1) 8:30 SPIN 45 (3) 9:00 Aqua BC (P) 9:30 Core Fusion 25 (2) 9:30 Core 25 (1) 10:00 PureMuscle 45(1) 10:00 Yoga (2) 10:15 Aqua (P) 10:45 GoLow (1) 12:00 RPM SPIN (3) 4:30 Cardio Step (1) 5:00 Barre (2) 5:30 BodyAttack (1) 6:00 Aqua (P) 6:15 SPIN 45 (3) 6:00 Yoga (2) 6:30 BodyPump (1)</p> <p>Sheila Chelsea Shana Sara Pam Chelsea Monique Monique Shana Pam Mikaela Meg Shana Erika Shannon Kristi Chris O Alesia Ashley</p>
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