GROUP EXERCISE SCHEDULE RITE-HITE FAMILY YMCA



September 6th— October 30th UPDATED BOLDED CLASSES DENOTE AN EXTRA FEE

MONDAY					Y CONTINUED		
MONDAY	01.400	LOCATION	THETPUETOR	PM	COED OI :	O. I. 7	•
TIME AM	CLASS	LOCATION	INSTRUCTOR	1:00-1:45	SSFP Classic	Studio 7	Carmen
5:30-6:15	Cardio Fusion	Gym	Abduai	5:20-6:20	Zumba	Studio 7	Alana
6:00-7:00	BODYPUMP	Studio 6	Sara	5:45-6:30	Xtricity Circuit Traning BODYFLOW	SG Studio Studio 2	Kou Denisse
8:00-9:00	Senior Fitness	Studio 7	Karen	6:30-7:30 6:30-7:30	BODYPUMP	Studio 2 Studio 6	Laura
8:30-8:50	Absoglutely	Studio 7 Studio 6	Gwen	6:30-7:30	Advanced Step	Studio 7	Lynda
9:00-10:00	Y-Cycle	Cycling Studio		7:40-8:40	Zumba	Studio 7	Randi
9:15-10:15	Yoga	Studio 2	Levy	THURSDAY	Zumba	Studio /	Kallul
9:15-10:15	BODYPUMP	Studio 6	Allison		0.100		
9:15-10:15	BODYCOMBAT	Studio 7	Erin	TIME	CLASS	LOCATION	INSTRUCTOR
		Studio3	Rob	AM 5.30 6.30	V. Cycle	Cycling Studio	Laura
10:30-11:30	BODYFLOW	Studio 7	Eva	5:30-6:30	Y-Cycle Zumba Gold	Studio 7	Laura Carmen
10:30-11:30	BODYPUMP	Studio 6	Jim	8:00-9:00 9:00-9:45	Total Gym Foundations	Studio 7	Shanda
PM	202110111	Studio 0	51111	9:00-10:00	Y-Cycle	Cycling Studio	Liz
1:00-1:45	SSFP Classic	Studio 7	Kim	9:15-10:15	Y-Chisel	Studio 6	Karen
2:00-2:45	SSFP Classic	Studio 7	Kim	9:15-10:15	BODYCOMBAT	Studio 7	Steve
5:25-6:25	BODYPUMP	Studio 6	Amanda	9:15-10:10	Xtricity strYkeForce	SG Studio	Lonnie
5:30-6:25	Zumba	Studio 7	Gwen	10:25-10:55	TRX® Interval Circuit	SG Studio	Lonnie
6:00-7:00	Pilates	Studio 2	Mel	10:30-11:30	Yoga	Studio 6	Kristin
6:30-7:30	BODYPUMP	Studio 6	Cori	10:30-11:30	SSFP Circuit	Studio 7	Dawn
6:30-7:30	Advanced Step	Studio 7	Lynda	PM			
7:40-8:40	Zumba	Studio 7	Randi	12:00-12:45	Y-Cycle	Cycling Studio	Rob
TUESDAY				1:00-1:45	SSFP Classic	Studio 7	Dawn
AM				4:15-5:15	BODYPUMP	Studio 6	Joe
5:30-6:30	Y-Cycle	Cycling Studio	Sarah	5:25-6:10	Step X-Press/Abs	Studio 6	Jeanne
8:00-9:00	Senior Fitness	Studio 7	Kim	5:30-6:15	Total Gym Advanced	Studio 3	Lonnie
8:15-9:15	Pilates	Studio 2	Rotation	5:30-6:30	Yoga	Studio 2	Lynda
9:00-10:00	Y-Cycle	Cycling Studio	Jim	5:30-6:25	Y-Cardio Funk	Studio 7	Tasha
9:00-9:45	Total Gym Foundations	Studio 3	Shanda	6:30-7:30	Y-Cycle	Cycling Studio	Jim
9:15-10:15	Y-Chisel	Studio 6	Karen	6:30-7:00	Y Kettlebell Interval Circuit	Studio 6	Iris
9:15-10:15	Zumba	Studio 7	Gwen	6:30-7:30	BODYCOMBAT	Studio 7	Marie
9:15-10:10	Xtricity strYkeForce	SG Studio	Lonnie				
	-			6.30-7.25	Ytricity strVkeForce	SG Studio	Lonnie / Dicardo
10:25-10:55	TRX® Interval Circuit	SG Studio	Lonnie	6:30-7:25 FRIDAY	Xtricity strYkeForce	SG Studio	Lonnie/Ricardo
10:25-10:55 10:30-11:30	TRX® Interval Circuit Yoga	SG Studio Studio 2	Lonnie Danielle	FRIDAY	Xtricity strYkeForce	SG Studio	Lonnie/Ricardo
10:25-10:55 10:30-11:30 10:30-11:30	TRX® Interval Circuit Yoga BODYCOMBAT	SG Studio Studio 2 Studio 6	Lonnie Danielle Steve	FRIDAY AM	•		
10:25-10:55 10:30-11:30 10:30-11:30 10:30-11:30	TRX® Interval Circuit Yoga	SG Studio Studio 2	Lonnie Danielle	FRIDAY AM 5:30-6:30	BODYPUMP	Studio 6	Rotation
10:25-10:55 10:30-11:30 10:30-11:30 PM	TRX® Interval Circuit Yoga BODYCOMBAT SSFP Circuit	SG Studio Studio 2 Studio 6 Studio 7	Lonnie Danielle Steve Karen	FRIDAY AM 5:30-6:30 8:00-9:00	BODYPUMP Senior Fitness	Studio 6 Studio 7	Rotation Liza
10:25-10:55 10:30-11:30 10:30-11:30 10:30-11:30 PM 12:00-12:45	TRX® Interval Circuit Yoga BODYCOMBAT SSFP Circuit Y-Cycle	SG Studio Studio 2 Studio 6 Studio 7 Cycling Studio	Lonnie Danielle Steve Karen	FRIDAY AM 5:30-6:30 8:00-9:00 8:15-9:15	BODYPUMP Senior Fitness Pilates	Studio 6 Studio 7 Studio 2	Rotation Liza Rotation
10:25-10:55 10:30-11:30 10:30-11:30 10:30-11:30 PM 12:00-12:45 1:00-1:45	TRX® Interval Circuit Yoga BODYCOMBAT SSFP Circuit Y-Cycle SSFP Yoga	SG Studio Studio 2 Studio 6 Studio 7 Cycling Studio Studio 7	Lonnie Danielle Steve Karen Rob Carmen	FRIDAY AM 5:30-6:30 8:00-9:00 8:15-9:15 9:00-9:45	BODYPUMP Senior Fitness Pilates Total Gym Foundations	Studio 6 Studio 7 Studio 2 Studio 3	Rotation Liza Rotation Rob
10:25-10:55 10:30-11:30 10:30-11:30 10:30-11:30 PM 12:00-12:45 1:00-1:45 4:15-5:15	TRX® Interval Circuit Yoga BODYCOMBAT SSFP Circuit Y-Cycle SSFP Yoga BODYPUMP	SG Studio Studio 2 Studio 6 Studio 7 Cycling Studio Studio 7 Studio 6	Lonnie Danielle Steve Karen Rob Carmen Stacy	FRIDAY AM 5:30-6:30 8:00-9:00 8:15-9:15 9:00-9:45 9:15-10:15	BODYPUMP Senior Fitness Pilates Total Gym Foundations BODYPUMP	Studio 6 Studio 7 Studio 2 Studio 3 Studio 6	Rotation Liza Rotation Rob Eva
10:25-10:55 10:30-11:30 10:30-11:30 10:30-11:30 PM 12:00-12:45 1:00-1:45 4:15-5:15 5:25-6:10	TRX® Interval Circuit Yoga BODYCOMBAT SSFP Circuit Y-Cycle SSFP Yoga BODYPUMP Step X-press	SG Studio Studio 2 Studio 6 Studio 7 Cycling Studio 7 Studio 7 Studio 6 Studio 6	Lonnie Danielle Steve Karen Rob Carmen Stacy Jeanne	FRIDAY AM 5:30-6:30 8:00-9:00 8:15-9:15 9:00-9:45 9:15-10:15 9:15-10:15	BODYPUMP Senior Fitness Pilates Total Gym Foundations BODYPUMP BODYSTEP Athletic	Studio 6 Studio 7 Studio 2 Studio 3 Studio 6 Studio 7	Rotation Liza Rotation Rob Eva Jenny N
10:25-10:55 10:30-11:30 10:30-11:30 10:30-11:30 PM 12:00-12:45 1:00-1:45 4:15-5:15 5:25-6:10 5:30-6:15	TRX® Interval Circuit Yoga BODYCOMBAT SSFP Circuit Y-Cycle SSFP Yoga BODYPUMP Step X-press Total Gym Advanced	SG Studio Studio 2 Studio 6 Studio 7 Cycling Studio 7 Studio 7 Studio 6 Studio 6 Studio 3	Lonnie Danielle Steve Karen Rob Carmen Stacy Jeanne Lonnie	FRIDAY AM 5:30-6:30 8:00-9:00 8:15-9:15 9:00-9:45 9:15-10:15 9:15-10:15 10:30-11:30	BODYPUMP Senior Fitness Pilates Total Gym Foundations BODYPUMP BODYSTEP Athletic BODYPUMP	Studio 6 Studio 7 Studio 2 Studio 3 Studio 6 Studio 7 Studio 6	Rotation Liza Rotation Rob Eva
10:25-10:55 10:30-11:30 10:30-11:30 PM 12:00-12:45 1:00-1:45 4:15-5:15 5:25-6:10 5:30-6:15 5:30-6:30	TRX® Interval Circuit Yoga BODYCOMBAT SSFP Circuit Y-Cycle SSFP Yoga BODYPUMP Step X-press Total Gym Advanced Y-Cardio Funk	SG Studio Studio 2 Studio 6 Studio 7 Cycling Studio 7 Studio 7 Studio 6 Studio 6 Studio 3 Studio 7	Lonnie Danielle Steve Karen Rob Carmen Stacy Jeanne Lonnie Ebony/Ashely	FRIDAY AM 5:30-6:30 8:00-9:00 8:15-9:15 9:00-9:45 9:15-10:15 10:30-11:30 10:30-11:20	BODYPUMP Senior Fitness Pilates Total Gym Foundations BODYPUMP BODYSTEP Athletic BODYPUMP Zumba	Studio 6 Studio 7 Studio 2 Studio 3 Studio 6 Studio 7 Studio 6 Studio 7	Rotation Liza Rotation Rob Eva Jenny N Karen Danielle
10:25-10:55 10:30-11:30 10:30-11:30 PM 12:00-12:45 1:00-1:45 4:15-5:15 5:25-6:10 5:30-6:30 5:30-6:30	TRX® Interval Circuit Yoga BODYCOMBAT SSFP Circuit Y-Cycle SSFP Yoga BODYPUMP Step X-press Total Gym Advanced Y-Cardio Funk Yoga	SG Studio Studio 2 Studio 6 Studio 7 Cycling Studio 7 Studio 6 Studio 6 Studio 6 Studio 3 Studio 7 Studio 2	Lonnie Danielle Steve Karen Rob Carmen Stacy Jeanne Lonnie Ebony/Ashely Denisse	FRIDAY AM 5:30-6:30 8:00-9:00 8:15-9:15 9:00-9:45 9:15-10:15 9:15-10:15 10:30-11:30	BODYPUMP Senior Fitness Pilates Total Gym Foundations BODYPUMP BODYSTEP Athletic BODYPUMP	Studio 6 Studio 7 Studio 2 Studio 3 Studio 6 Studio 7 Studio 6	Rotation Liza Rotation Rob Eva Jenny N Karen
10:25-10:55 10:30-11:30 10:30-11:30 PM 12:00-12:45 1:00-1:45 4:15-5:15 5:25-6:10 5:30-6:15 5:30-6:30 6:30-7:00	TRX® Interval Circuit Yoga BODYCOMBAT SSFP Circuit Y-Cycle SSFP Yoga BODYPUMP Step X-press Total Gym Advanced Y-Cardio Funk Yoga YKettlebell Interval Circuit	SG Studio Studio 2 Studio 6 Studio 7 Cycling Studio 7 Studio 7 Studio 6 Studio 6 Studio 3 Studio 7 Studio 2 Studio 6	Lonnie Danielle Steve Karen Rob Carmen Stacy Jeanne Lonnie Ebony/Ashely Denisse Gwen	FRIDAY AM 5:30-6:30 8:00-9:00 8:15-9:15 9:00-9:45 9:15-10:15 9:15-10:15 10:30-11:30 10:30-11:20 11:30-12:30	BODYPUMP Senior Fitness Pilates Total Gym Foundations BODYPUMP BODYSTEP Athletic BODYPUMP Zumba	Studio 6 Studio 7 Studio 2 Studio 3 Studio 6 Studio 7 Studio 6 Studio 7	Rotation Liza Rotation Rob Eva Jenny N Karen Danielle
10:25-10:55 10:30-11:30 10:30-11:30 PM 12:00-12:45 1:00-1:45 4:15-5:15 5:25-6:10 5:30-6:30 5:30-6:30	TRX® Interval Circuit Yoga BODYCOMBAT SSFP Circuit Y-Cycle SSFP Yoga BODYPUMP Step X-press Total Gym Advanced Y-Cardio Funk Yoga YKettlebell Interval Circuit BODYCOMBAT	SG Studio Studio 2 Studio 6 Studio 7 Cycling Studio 7 Studio 7 Studio 6 Studio 6 Studio 3 Studio 7 Studio 2 Studio 6 Studio 7	Lonnie Danielle Steve Karen Rob Carmen Stacy Jeanne Lonnie Ebony/Ashely Denisse Gwen Aaron Jeff	FRIDAY AM 5:30-6:30 8:00-9:00 8:15-9:15 9:05-9:45 9:15-10:15 10:30-11:30 10:30-11:20 11:30-12:30 PM 1:00-1:45 5:30-6-30	BODYPUMP Senior Fitness Pilates Total Gym Foundations BODYPUMP BODYSTEP Athletic BODYPUMP Zumba Yoga	Studio 6 Studio 7 Studio 2 Studio 3 Studio 6 Studio 7 Studio 6 Studio 7 Studio 7	Rotation Liza Rotation Rob Eva Jenny N Karen Danielle Sue E
10:25-10:55 10:30-11:30 10:30-11:30 PM 12:00-12:45 1:00-1:45 4:15-5:15 5:25-6:10 5:30-6:15 5:30-6:30 6:30-7:00 6:30-7:30	TRX® Interval Circuit Yoga BODYCOMBAT SSFP Circuit Y-Cycle SSFP Yoga BODYPUMP Step X-press Total Gym Advanced Y-Cardio Funk Yoga YKettlebell Interval Circuit	SG Studio Studio 2 Studio 6 Studio 7 Cycling Studio 7 Studio 7 Studio 6 Studio 6 Studio 3 Studio 7 Studio 2 Studio 6	Lonnie Danielle Steve Karen Rob Carmen Stacy Jeanne Lonnie Ebony/Ashely Denisse Gwen Aaron Jeff	FRIDAY AM 5:30-6:30 8:00-9:00 8:15-9:15 9:05-9:45 9:15-10:15 10:30-11:30 10:30-11:20 11:30-12:30 PM 1:00-1:45 5:30-6-30	BODYPUMP Senior Fitness Pilates Total Gym Foundations BODYPUMP BODYSTEP Athletic BODYPUMP Zumba Yoga SSFP Yoga	Studio 6 Studio 7 Studio 2 Studio 3 Studio 6 Studio 7 Studio 7 Studio 7 Studio 7	Rotation Liza Rotation Rob Eva Jenny N Karen Danielle Sue E
10:25-10:55 10:30-11:30 10:30-11:30 PM 12:00-12:45 1:00-1:45 4:15-5:15 5:25-6:10 5:30-6:35 5:30-6:30 6:30-7:00 6:30-7:30 6:30-7:30	TRX® Interval Circuit Yoga BODYCOMBAT SSFP Circuit Y-Cycle SSFP Yoga BODYPUMP Step X-press Total Gym Advanced Y-Cardio Funk Yoga YKettlebell Interval Circuit BODYCOMBAT Y-Cycle Xtricity strYkeForce	SG Studio Studio 2 Studio 6 Studio 7 Cycling Studio 7 Studio 6 Studio 6 Studio 3 Studio 7 Studio 2 Studio 6 Studio 7 Cycling Studio 7 Cycling Studio 7	Lonnie Danielle Steve Karen Rob Carmen Stacy Jeanne Lonnie Ebony/Ashely Denisse Gwen Aaron	FRIDAY AM 5:30-6:30 8:00-9:00 8:15-9:15 9:05-9:45 9:15-10:15 10:30-11:30 10:30-11:20 11:30-12:30 PM 1:00-1:45 5:30-6-30	BODYPUMP Senior Fitness Pilates Total Gym Foundations BODYPUMP BODYSTEP Athletic BODYPUMP Zumba Yoga SSFP Yoga	Studio 6 Studio 7 Studio 2 Studio 3 Studio 6 Studio 7 Studio 7 Studio 7 Studio 7	Rotation Liza Rotation Rob Eva Jenny N Karen Danielle Sue E
10:25-10:55 10:30-11:30 10:30-11:30 PM 12:00-12:45 1:00-1:45 4:15-5:15 5:25-6:10 5:30-6:30 6:30-7:30 6:30-7:30 6:30-7:30 6:30-7:25 WEDNESDA	TRX® Interval Circuit Yoga BODYCOMBAT SSFP Circuit Y-Cycle SSFP Yoga BODYPUMP Step X-press Total Gym Advanced Y-Cardio Funk Yoga YKettlebell Interval Circuit BODYCOMBAT Y-Cycle Xtricity strYkeForce	SG Studio Studio 2 Studio 6 Studio 7 Cycling Studio 7 Studio 6 Studio 6 Studio 3 Studio 7 Studio 2 Studio 6 Studio 7 Cycling Studio 7 Cycling Studio 7	Lonnie Danielle Steve Karen Rob Carmen Stacy Jeanne Lonnie Ebony/Ashely Denisse Gwen Aaron Jeff	FRIDAY AM 5:30-6:30 8:00-9:00 8:15-9:15 9:00-9:45 9:15-10:15 10:30-11:30 10:30-11:20 11:30-12:30 PM 1:00-1:45 5:30-6-30 SATURDAY AM	BODYPUMP Senior Fitness Pilates Total Gym Foundations BODYPUMP BODYSTEP Athletic BODYPUMP Zumba Yoga SSFP Yoga Y Cardio Funk	Studio 6 Studio 7 Studio 2 Studio 3 Studio 6 Studio 7 Studio 6 Studio 7 Studio 7 Studio 7 Studio 7 Studio 7	Rotation Liza Rotation Rob Eva Jenny N Karen Danielle Sue E Kim Ashley
10:25-10:55 10:30-11:30 10:30-11:30 PM 12:00-12:45 1:00-1:45 4:15-5:15 5:25-6:10 5:30-6:30 6:30-7:30 6:30-7:30 6:30-7:30 6:30-7:25	TRX® Interval Circuit Yoga BODYCOMBAT SSFP Circuit Y-Cycle SSFP Yoga BODYPUMP Step X-press Total Gym Advanced Y-Cardio Funk Yoga YKettlebell Interval Circuit BODYCOMBAT Y-Cycle Xtricity strYkeForce	SG Studio Studio 2 Studio 6 Studio 7 Cycling Studio 7 Studio 6 Studio 6 Studio 3 Studio 7 Studio 2 Studio 6 Studio 7 Cycling Studio 7 Cycling Studio 7	Lonnie Danielle Steve Karen Rob Carmen Stacy Jeanne Lonnie Ebony/Ashely Denisse Gwen Aaron Jeff	FRIDAY AM 5:30-6:30 8:00-9:00 8:15-9:15 9:00-9:45 9:15-10:15 10:30-11:30 10:30-11:20 11:30-12:30 PM 1:00-1:45 5:30-6-30 SATURDAY	BODYPUMP Senior Fitness Pilates Total Gym Foundations BODYPUMP BODYSTEP Athletic BODYPUMP Zumba Yoga SSFP Yoga	Studio 6 Studio 7 Studio 2 Studio 3 Studio 6 Studio 7 Studio 6 Studio 7 Studio 7 Studio 7 Studio 7 Studio 7 Studio 7	Rotation Liza Rotation Rob Eva Jenny N Karen Danielle Sue E
10:25-10:55 10:30-11:30 10:30-11:30 PM 12:00-12:45 1:00-1:45 4:15-5:15 5:25-6:10 5:30-6:30 5:30-6:30 6:30-7:30 6:30-7:30 6:30-7:30 6:30-7:25 WEDNESDA	TRX® Interval Circuit Yoga BODYCOMBAT SSFP Circuit Y-Cycle SSFP Yoga BODYPUMP Step X-press Total Gym Advanced Y-Cardio Funk Yoga YKEtlebell Interval Circuit BODYCOMBAT Y-Cycle Xtricity strYkeForce Y	SG Studio Studio 2 Studio 6 Studio 7 Cycling Studio 7 Studio 6 Studio 6 Studio 3 Studio 7 Studio 2 Studio 6 Studio 7 Cycling Studio 7 Cycling Studio SG Studio	Lonnie Danielle Steve Karen Rob Carmen Stacy Jeanne Lonnie Ebony/Ashely Denisse Gwen Aaron Jeff Lonnie/Ricardo	FRIDAY AM 5:30-6:30 8:00-9:00 8:15-9:15 9:00-9:45 9:15-10:15 10:30-11:30 10:30-11:20 11:30-12:30 PM 1:00-1:45 5:30-6-30 SATURDAY AM 7:00-8:00	BODYPUMP Senior Fitness Pilates Total Gym Foundations BODYPUMP BODYSTEP Athletic BODYPUMP Zumba Yoga SSFP Yoga Y Cardio Funk Y-Chisel/BODYPUMP	Studio 6 Studio 7 Studio 2 Studio 3 Studio 6 Studio 7 Studio 6 Studio 7 Studio 7 Studio 7 Studio 7 Studio 7	Rotation Liza Rotation Rob Eva Jenny N Karen Danielle Sue E Kim Ashley
10:25-10:55 10:30-11:30 10:30-11:30 PM 12:00-12:45 1:00-1:45 4:15-5:15 5:25-6:10 5:30-6:30 6:30-7:30 6:30-7:30 6:30-7:25 WEDNESDA AM 5:30-6:15	TRX® Interval Circuit Yoga BODYCOMBAT SSFP Circuit Y-Cycle SSFP Yoga BODYPUMP Step X-press Total Gym Advanced Y-Cardio Funk Yoga YKettlebell Interval Circuit BODYCOMBAT Y-Cycle Xtricity strYkeForce Y Cardio Fusion	SG Studio Studio 2 Studio 6 Studio 7 Cycling Studio 7 Studio 7 Studio 6 Studio 6 Studio 3 Studio 7 Studio 2 Studio 6 Studio 6 Studio 7 Cycling Studio SG Studio	Lonnie Danielle Steve Karen Rob Carmen Stacy Jeanne Lonnie Ebony/Ashely Denisse Gwen Aaron Jeff Lonnie/Ricardo	FRIDAY AM 5:30-6:30 8:00-9:00 8:15-9:15 9:05-9:45 9:15-10:15 10:30-11:30 10:30-11:20 11:30-12:30 PM 1:00-1:45 5:30-6-30 SATURDAY AM 7:00-8:00 7:45-8:45	BODYPUMP Senior Fitness Pilates Total Gym Foundations BODYPUMP BODYSTEP Athletic BODYPUMP Zumba Yoga SSFP Yoga Y Cardio Funk Y-Chisel/BODYPUMP Y-Cycle	Studio 6 Studio 7 Studio 2 Studio 3 Studio 6 Studio 7 Studio 6 Studio 7 Studio 7 Studio 7 Studio 7 Studio 7 Studio 7 Studio 5	Rotation Liza Rotation Rob Eva Jenny N Karen Danielle Sue E Kim Ashley
10:25-10:55 10:30-11:30 10:30-11:30 PM 12:00-12:45 1:00-1:45 4:15-5:15 5:25-6:10 5:30-6:30 6:30-7:30 6:30-7:30 6:30-7:30 6:30-7:25 WEDNESDA AM 5:30-6:15 6:00-7:00	TRX® Interval Circuit Yoga BODYCOMBAT SSFP Circuit Y-Cycle SSFP Yoga BODYPUMP Step X-press Total Gym Advanced Y-Cardio Funk Yoga YKettlebell Interval Circuit BODYCOMBAT Y-Cycle Xtricity strYkeForce Y Cardio Fusion BODYPUMP	SG Studio Studio 2 Studio 6 Studio 7 Cycling Studio 7 Studio 7 Studio 6 Studio 6 Studio 3 Studio 7 Studio 2 Studio 6 Studio 7 Cycling Studio 7 Cycling Studio 7 Cycling Studio 6 Studio 7 Cycling Studio 6 Studio 7 Cycling Studio 6 Studio 6	Lonnie Danielle Steve Karen Rob Carmen Stacy Jeanne Lonnie Ebony/Ashely Denisse Gwen Aaron Jeff Lonnie/Ricardo Abduai Jen B	FRIDAY AM 5:30-6:30 8:00-9:00 8:15-9:15 9:00-9:45 9:15-10:15 10:30-11:30 10:30-11:20 11:30-12:30 PM 1:00-1:45 5:30-6-30 SATURDAY AM 7:00-8:00 7:45-8:45 8:05-9:05	BODYPUMP Senior Fitness Pilates Total Gym Foundations BODYPUMP BODYSTEP Athletic BODYPUMP Zumba Yoga SSFP Yoga Y Cardio Funk Y-Chisel/BODYPUMP Y-Cycle Step/BODYSTEP	Studio 6 Studio 7 Studio 2 Studio 3 Studio 6 Studio 7 Studio 6 Studio 7	Rotation Liza Rotation Rob Eva Jenny N Karen Danielle Sue E Kim Ashley Rotation Jim Rotation
10:25-10:55 10:30-11:30 10:30-11:30 PM 12:00-12:45 1:00-1:45 4:15-5:15 5:25-6:10 5:30-6:30 6:30-7:30 6:30-7:30 6:30-7:25 WEDNESDA AM 5:30-6:15 6:00-7:00 8:00-9:00	TRX® Interval Circuit Yoga BODYCOMBAT SSFP Circuit Y-Cycle SSFP Yoga BODYPUMP Step X-press Total Gym Advanced Y-Cardio Funk Yoga YKettlebell Interval Circuit BODYCOMBAT Y-Cycle Xtricity strYkeForce Y Cardio Fusion BODYPUMP Senior Fitness	SG Studio Studio 2 Studio 6 Studio 7 Cycling Studio 7 Studio 7 Studio 6 Studio 6 Studio 3 Studio 7 Studio 2 Studio 6 Studio 7 Cycling Studio 7 Cycling Studio 5 Gym Studio 6 Studio 7	Lonnie Danielle Steve Karen Rob Carmen Stacy Jeanne Lonnie Ebony/Ashely Denisse Gwen Aaron Jeff Lonnie/Ricardo Abduai Jen B Kim	FRIDAY AM 5:30-6:30 8:00-9:00 8:15-9:15 9:00-9:45 9:15-10:15 10:30-11:30 10:30-11:20 11:30-12:30 PM 1:00-1:45 5:30-6-30 SATURDAY AM 7:00-8:00 7:45-8:45 8:05-9:05 9:00-10:00	BODYPUMP Senior Fitness Pilates Total Gym Foundations BODYPUMP BODYSTEP Athletic BODYPUMP Zumba Yoga SSFP Yoga Y Cardio Funk Y-Chisel/BODYPUMP Y-Cycle Step/BODYSTEP Zumba BODYFLOW BODYPUMP	Studio 6 Studio 7 Studio 2 Studio 3 Studio 6 Studio 6 Studio 7	Rotation Liza Rotation Rob Eva Jenny N Karen Danielle Sue E Kim Ashley Rotation Jim Rotation Gwen
10:25-10:55 10:30-11:30 10:30-11:30 PM 12:00-12:45 1:00-1:45 4:15-5:15 5:25-6:10 5:30-6:30 6:30-7:00 6:30-7:30 6:30-7:25 WEDNESDA AM 5:30-6:15 6:00-7:00 8:00-9:00 8:30-9:15	TRX® Interval Circuit Yoga BODYCOMBAT SSFP Circuit Y-Cycle SSFP Yoga BODYPUMP Step X-press Total Gym Advanced Y-Cardio Funk Yoga YKettlebell Interval Circuit BODYCOMBAT Y-Cycle Xtricity strYkeForce Y Cardio Fusion BODYPUMP Senior Fitness Total Gym Foundations	SG Studio Studio 2 Studio 6 Studio 7 Cycling Studio 7 Studio 6 Studio 6 Studio 3 Studio 7 Studio 6 Studio 7 Studio 6 Studio 7 Studio 7 Studio 6 Studio 7 Cycling Studio SG Studio Gym Studio 7 Studio 6 Studio 7 Studio 6 Studio 7 Studio 6 Studio 7	Lonnie Danielle Steve Karen Rob Carmen Stacy Jeanne Lonnie Ebony/Ashely Denisse Gwen Aaron Jeff Lonnie/Ricardo Abduai Jen B Kim Rob Gwen Shanda	FRIDAY AM 5:30-6:30 8:00-9:00 8:15-9:15 9:00-9:45 9:15-10:15 9:15-10:15 10:30-11:30 10:30-11:20 11:30-12:30 PM 1:00-1:45 5:30-6-30 SATURDAY AM 7:00-8:00 7:45-8:45 8:05-9:05 9:00-10:00 9:15-10:15	BODYPUMP Senior Fitness Pilates Total Gym Foundations BODYPUMP BODYSTEP Athletic BODYPUMP Zumba Yoga SSFP Yoga Y Cardio Funk Y-Chisel/BODYPUMP Y-Cycle Step/BODYSTEP Zumba BODYFLOW	Studio 6 Studio 7 Studio 2 Studio 3 Studio 6 Studio 7 Studio 6 Studio 7	Rotation Liza Rotation Rob Eva Jenny N Karen Danielle Sue E Kim Ashley Rotation Jim Rotation Gwen Lynda
10:25-10:55 10:30-11:30 10:30-11:30 PM 12:00-12:45 1:00-12:45 1:00-1:45 4:15-5:15 5:25-6:10 5:30-6:30 6:30-7:30 6:30-7:30 6:30-7:30 6:30-7:25 WEDNESDA AM 5:30-6:15 6:00-7:00 8:00-9:00 8:30-9:15 8:30-8:50 9:00-9:55 9:15-10:15	TRX® Interval Circuit Yoga BODYCOMBAT SSFP Circuit Y-Cycle SSFP Yoga BODYPUMP Step X-press Total Gym Advanced Y-Cardio Funk Yoga YKettlebell Interval Circuit BODYCOMBAT Y-Cycle Xtricity strYkeForce Y Cardio Fusion BODYPUMP Senior Fitness Total Gym Foundations Absoglutely Xtricity strYkeForce Y-Cycle	SG Studio Studio 2 Studio 6 Studio 7 Cycling Studio 7 Studio 6 Studio 6 Studio 3 Studio 7 Studio 2 Studio 6 Studio 7 Cycling Studio 7 Cycling Studio SG Studio 7 Studio 6 Studio 7 Cycling Studio SG Studio 6 Studio 7 Studio 6 Studio 7 Studio 6 Studio 7 Studio 5 Studio 6 SG Studio Cycling Studio	Lonnie Danielle Steve Karen Rob Carmen Stacy Jeanne Lonnie Ebony/Ashely Denisse Gwen Aaron Jeff Lonnie/Ricardo Abduai Jen B Kim Rob Gwen Shanda Liz	FRIDAY AM 5:30-6:30 8:00-9:00 8:15-9:15 9:00-9:45 9:15-10:15 10:30-11:30 11:30-12:30 PM 1:00-1:45 5:30-6-30 SATURDAY AM 7:00-8:00 7:45-8:45 8:05-9:05 9:00-10:00 9:15-10:15 9:15-10:15 9:15-9:45 10:30-11:30	BODYPUMP Senior Fitness Pilates Total Gym Foundations BODYPUMP BODYSTEP Athletic BODYPUMP Zumba Yoga SSFP Yoga Y Cardio Funk Y-Chisel/BODYPUMP Y-Cycle Step/BODYSTEP Zumba BODYFLOW BODYPUMP	Studio 6 Studio 7 Studio 2 Studio 3 Studio 6 Studio 7 Studio 6 Studio 7 Studio 5 Studio 7	Rotation Liza Rotation Rob Eva Jenny N Karen Danielle Sue E Kim Ashley Rotation Jim Rotation Gwen Lynda Allison
10:25-10:55 10:30-11:30 10:30-11:30 PM 12:00-12:45 1:00-12:45 1:00-1:45 4:15-5:15 5:25-6:10 5:30-6:30 6:30-7:00 6:30-7:30 6:30-7:30 6:30-7:30 6:30-7:25 WEDNESDA AM 5:30-6:15 6:00-7:00 8:00-9:00 8:30-9:15 8:30-8:50 9:00-9:55 9:15-10:15	TRX® Interval Circuit Yoga BODYCOMBAT SSFP Circuit Y-Cycle SSFP Yoga BODYPUMP Step X-press Total Gym Advanced Y-Cardio Funk Yoga YKettlebell Interval Circuit BODYCOMBAT Y-Cycle Xtricity strYkeForce Y Cardio Fusion BODYPUMP Senior Fitness Total Gym Foundations Absoglutely Xtricity strYkeForce Y-Cycle BODYPUMP	SG Studio Studio 2 Studio 6 Studio 7 Cycling Studio 7 Studio 6 Studio 6 Studio 6 Studio 3 Studio 7 Studio 2 Studio 6 Studio 7 Cycling Studio 7 Cycling Studio 5 SG Studio 6 SG Studio Cycling Studio Studio 6	Lonnie Danielle Steve Karen Rob Carmen Stacy Jeanne Lonnie Ebony/Ashely Denisse Gwen Aaron Jeff Lonnie/Ricardo Abduai Jen B Kim Rob Gwen Shanda Liz Karen	FRIDAY AM 5:30-6:30 8:00-9:00 8:15-9:15 9:00-9:45 9:15-10:15 10:30-11:30 10:30-11:20 11:30-12:30 PM 1:00-1:45 5:30-6-30 SATURDAY AM 7:00-8:00 7:45-8:45 8:05-9:05 9:00-10:00 9:15-10:15 9:15-10:15	BODYPUMP Senior Fitness Pilates Total Gym Foundations BODYPUMP BODYSTEP Athletic BODYPUMP Zumba Yoga SSFP Yoga Y Cardio Funk Y-Chisel/BODYPUMP Y-Cycle Step/BODYSTEP Zumba BODYFLOW BODYPUMP TRX® Interval Circuit	Studio 6 Studio 7 Studio 2 Studio 3 Studio 6 Studio 7 Studio 6 Studio 7 Studio 5 Studio 7 Studio 5 Studio 7 Studio 6 SG Studio	Rotation Liza Rotation Rob Eva Jenny N Karen Danielle Sue E Kim Ashley Rotation Jim Rotation Gwen Lynda Allison Kou
10:25-10:55 10:30-11:30 10:30-11:30 10:30-11:30 PM 12:00-12:45 1:00-1:45 4:15-5:15 5:25-6:10 5:30-6:30 6:30-7:30 6:30-7:30 6:30-7:30 6:30-7:25 WEDNESDA AM 5:30-6:15 6:00-7:00 8:00-9:00 8:30-9:05 9:00-9:55 9:15-10:15 9:15-10:15	TRX® Interval Circuit Yoga BODYCOMBAT SSFP Circuit Y-Cycle SSFP Yoga BODYPUMP Step X-press Total Gym Advanced Y-Cardio Funk Yoga YKettlebell Interval Circuit BODYCOMBAT Y-Cycle Xtricity strYkeForce Y Cardio Fusion BODYPUMP Senior Fitness Total Gym Foundations Absoglutely Xtricity strYkeForce Y-Cycle BODYPUMP BODYSTEP	SG Studio Studio 2 Studio 6 Studio 7 Cycling Studio 7 Studio 6 Studio 6 Studio 6 Studio 3 Studio 7 Studio 2 Studio 6 Studio 7 Cycling Studio 7 Cycling Studio 7 Cycling Studio 3 Studio 6 Studio 3 Studio 3 Studio 6 Studio 3 Studio 6 SG Studio Cycling Studio 6 SG Studio 5 Studio 6 Studio 7	Lonnie Danielle Steve Karen Rob Carmen Stacy Jeanne Lonnie Ebony/Ashely Denisse Gwen Aaron Jeff Lonnie/Ricardo Abduai Jen B Kim Rob Gwen Shanda Liz Karen Amanda/Jen	FRIDAY AM 5:30-6:30 8:00-9:00 8:15-9:15 9:00-9:45 9:15-10:15 10:30-11:30 11:30-12:30 PM 1:00-1:45 5:30-6-30 SATURDAY AM 7:00-8:00 7:45-8:45 8:05-9:05 9:00-10:00 9:15-10:15 9:15-10:15 9:15-9:45 10:30-11:30	BODYPUMP Senior Fitness Pilates Total Gym Foundations BODYPUMP BODYSTEP Athletic BODYPUMP Zumba Yoga SSFP Yoga Y Cardio Funk Y-Chisel/BODYPUMP Y-Cycle Step/BODYSTEP Zumba BODYFLOW BODYPUMP TRX® Interval Circuit	Studio 6 Studio 7 Studio 2 Studio 3 Studio 6 Studio 7 Studio 6 Studio 7 Studio 5 Studio 7 Studio 5 Studio 7 Studio 6 SG Studio	Rotation Liza Rotation Rob Eva Jenny N Karen Danielle Sue E Kim Ashley Rotation Jim Rotation Gwen Lynda Allison Kou
10:25-10:55 10:30-11:30 10:30-11:30 10:30-11:30 PM 12:00-12:45 1:00-1:45 4:15-5:15 5:25-6:10 5:30-6:30 6:30-7:30 6:30-7:30 6:30-7:30 6:30-7:25 WEDNESDA AM 5:30-6:15 6:00-7:00 8:00-9:00 8:30-9:00 8:30-9:05 9:00-9:55 9:15-10:15 9:15-10:15	TRX® Interval Circuit Yoga BODYCOMBAT SSFP Circuit Y-Cycle SSFP Yoga BODYPUMP Step X-press Total Gym Advanced Y-Cardio Funk Yoga YKettlebell Interval Circuit BODYCOMBAT Y-Cycle Xtricity strYkeForce Y Cardio Fusion BODYPUMP Senior Fitness Total Gym Foundations Absoglutely Xtricity strYkeForce Y-Cycle BODYPUMP BODYSTEP Total Gym Foundations	SG Studio Studio 2 Studio 6 Studio 7 Cycling Studio 7 Studio 6 Studio 6 Studio 6 Studio 3 Studio 7 Studio 2 Studio 6 Studio 7 Cycling Studio 7 Cycling Studio 7 Cycling Studio 3 Studio 7 Studio 6 Studio 7 Studio 6 Studio 7 Studio 3 Studio 6 SG Studio Cycling Studio 6 SG Studio 7 Studio 3 Studio 6 SG Studio 7 Studio 5 STudio 6 STUDIO 7 STUDIO 3 STUDIO 3 STUDIO 3 STUDIO 3 STUDIO 3	Lonnie Danielle Steve Karen Rob Carmen Stacy Jeanne Lonnie Ebony/Ashely Denisse Gwen Aaron Jeff Lonnie/Ricardo Abduai Jen B Kim Rob Gwen Shanda Liz Karen Amanda/Jen Rob	FRIDAY AM 5:30-6:30 8:00-9:00 8:15-9:15 9:00-9:45 9:15-10:15 10:30-11:30 11:30-12:30 PM 1:00-1:45 5:30-6-30 SATURDAY AM 7:00-8:00 7:45-8:45 8:05-9:05 9:00-10:00 9:15-10:15 9:15-10:15 9:15-9:45 10:30-11:30 SUNDAY	BODYPUMP Senior Fitness Pilates Total Gym Foundations BODYPUMP BODYSTEP Athletic BODYPUMP Zumba Yoga SSFP Yoga Y Cardio Funk Y-Chisel/BODYPUMP Y-Cycle Step/BODYSTEP Zumba BODYFLOW BODYPUMP TRX® Interval Circuit	Studio 6 Studio 7 Studio 2 Studio 3 Studio 6 Studio 7 Studio 6 Studio 7 Studio 5 Studio 7 Studio 5 Studio 7 Studio 6 SG Studio	Rotation Liza Rotation Rob Eva Jenny N Karen Danielle Sue E Kim Ashley Rotation Jim Rotation Gwen Lynda Allison Kou
10:25-10:55 10:30-11:30 10:30-11:30 10:30-11:30 PM 12:00-12:45 1:00-1:45 4:15-5:15 5:25-6:10 5:30-6:30 6:30-7:30 6:30-7:30 6:30-7:30 6:30-7:25 WEDNESDA AM 5:30-6:15 6:00-7:00 8:00-9:00 8:30-9:15 8:30-8:50 9:00-9:55 9:15-10:15 9:15-10:15 9:30-10:40	TRX® Interval Circuit Yoga BODYCOMBAT SSFP Circuit Y-Cycle SSFP Yoga BODYPUMP Step X-press Total Gym Advanced Y-Cardio Funk Yoga YKettlebell Interval Circuit BODYCOMBAT Y-Cycle Xtricity strYkeForce Y Cardio Fusion BODYPUMP Senior Fitness Total Gym Foundations Absoglutely Xtricity strYkeForce Y-Cycle BODYPUMP BODYSTEP Total Gym Foundations Xtricity Circuit Training	SG Studio Studio 2 Studio 6 Studio 7 Cycling Studio 7 Studio 6 Studio 6 Studio 6 Studio 3 Studio 7 Studio 2 Studio 6 Studio 7 Cycling Studio 7 Cycling Studio 7 Cycling Studio 5 SG Studio 7 Studio 6 SG Studio 7 Studio 6 SG Studio 7 Studio 6 SG Studio 7 Studio 6 Studio 7 Studio 6 Studio 7 Studio 3 Studio 6 Studio 7 Studio 3 Studio 6 Studio 7	Lonnie Danielle Steve Karen Rob Carmen Stacy Jeanne Lonnie Ebony/Ashely Denisse Gwen Aaron Jeff Lonnie/Ricardo Abduai Jen B Kim Rob Gwen Shanda Liz Karen Amanda/Jen Rob Shanda	FRIDAY AM 5:30-6:30 8:00-9:00 8:15-9:15 9:00-9:45 9:15-10:15 9:15-10:15 10:30-11:30 11:30-12:30 PM 1:00-1:45 5:30-6-30 SATURDAY AM 7:00-8:00 7:45-8:45 8:05-9:05 9:00-10:00 9:15-10:15 9:15-10:15 9:15-9:45 10:30-11:30 SUNDAY AM	BODYPUMP Senior Fitness Pilates Total Gym Foundations BODYPUMP BODYSTEP Athletic BODYPUMP Zumba Yoga SSFP Yoga Y Cardio Funk Y-Chisel/BODYPUMP Y-Cycle Step/BODYSTEP Zumba BODYFLOW BODYPUMP TRX® Interval Circuit BODYPUMP	Studio 6 Studio 7 Studio 2 Studio 3 Studio 6 Studio 7 Studio 6 Studio 7 Studio 5 Studio 7 Studio 6 Cycling Studio Studio 7 Studio 7 Studio 6 Studio 7 Studio 6 Studio 7 Studio 6 Studio 6 Studio 6 Studio 6 Studio 6	Rotation Liza Rotation Rob Eva Jenny N Karen Danielle Sue E Kim Ashley Rotation Jim Rotation Gwen Lynda Allison Kou Rotation
10:25-10:55 10:30-11:30 10:30-11:30 PM 12:00-12:45 1:00-1:45 4:15-5:15 5:25-6:10 5:30-6:30 6:30-7:30 6:30-7:30 6:30-7:30 6:30-7:25 WEDNESDA AM 5:30-6:15 6:00-7:00 8:00-9:00 8:30-9:15 8:30-8:50 9:00-9:55 9:15-10:15 9:15-10:15 9:30-10:40 10:00-11:00	TRX® Interval Circuit Yoga BODYCOMBAT SSFP Circuit Y-Cycle SSFP Yoga BODYPUMP Step X-press Total Gym Advanced Y-Cardio Funk Yoga YKettlebell Interval Circuit BODYCOMBAT Y-Cycle Xtricity strYkeForce Y Cardio Fusion BODYPUMP Senior Fitness Total Gym Foundations Absoglutely Xtricity strYkeForce Y-Cycle BODYPUMP BODYSTEP Total Gym Foundations Xtricity Circuit Training Tai Chi	SG Studio Studio 2 Studio 6 Studio 7 Cycling Studio 7 Studio 6 Studio 6 Studio 6 Studio 3 Studio 7 Studio 2 Studio 6 Studio 7 Cycling Studio 7 Cycling Studio 5 SG Studio 7 Studio 6 Studio 7 Studio 6 Studio 7 Studio 6 Studio 7 Studio 3 Studio 6 SG Studio Studio 7 Studio 3 Studio 6 Studio 7 Studio 3 Studio 6 Studio 7 Studio 3 Studio 5 Studio 3 Studio 5 Studio 3 SG Studio Studio 5 Studio 3	Lonnie Danielle Steve Karen Rob Carmen Stacy Jeanne Lonnie Ebony/Ashely Denisse Gwen Aaron Jeff Lonnie/Ricardo Abduai Jen B Kim Rob Gwen Shanda Liz Karen Amanda/Jen Rob Shanda Tsuri	FRIDAY AM 5:30-6:30 8:00-9:00 8:15-9:15 9:00-9:45 9:15-10:15 10:30-11:30 11:30-12:30 PM 1:00-1:45 5:30-6-30 SATURDAY AM 7:00-8:00 7:45-8:45 8:05-9:05 9:00-10:00 9:15-10:15 9:15-10:15 9:15-10:15 9:15-9:45 10:30-11:30 SUNDAY AM 9:00-10:00	BODYPUMP Senior Fitness Pilates Total Gym Foundations BODYPUMP BODYSTEP Athletic BODYPUMP Zumba Yoga SSFP Yoga Y Cardio Funk Y-Chisel/BODYPUMP Y-Cycle Step/BODYSTEP Zumba BODYFLOW BODYPUMP TRX® Interval Circuit BODYPUMP Y-Cycle	Studio 6 Studio 7 Studio 2 Studio 3 Studio 6 Studio 7 Studio 6 Studio 7 Studio 6 Cycling Studio Studio 7 Studio 6 Studio 7 Studio 6 Cycling Studio Studio 6 SG Studio Studio 6	Rotation Liza Rotation Rob Eva Jenny N Karen Danielle Sue E Kim Ashley Rotation Jim Rotation Gwen Lynda Allison Kou Rotation
10:25-10:55 10:30-11:30 10:30-11:30 PM 12:00-12:45 1:00-1:45 4:15-5:15 5:25-6:10 5:30-6:30 6:30-7:30 6:30-7:30 6:30-7:30 6:30-7:25 WEDNESDA AM 5:30-6:15 6:00-7:00 8:00-9:00 8:30-9:15 8:30-8:50 9:00-9:55 9:15-10:15 9:15-10:15 9:30-10:15 10:10-10:40 10:30-11:30	TRX® Interval Circuit Yoga BODYCOMBAT SSFP Circuit Y-Cycle SSFP Yoga BODYPUMP Step X-press Total Gym Advanced Y-Cardio Funk Yoga YKettlebell Interval Circuit BODYCOMBAT Y-Cycle Xtricity strYkeForce Y Cardio Fusion BODYPUMP Senior Fitness Total Gym Foundations Absoglutely Xtricity strYkeForce Y-Cycle BODYPUMP BODYSTEP Total Gym Foundations Xtricity Circuit Training Tai Chi BODYFLOW	SG Studio Studio 2 Studio 6 Studio 7 Cycling Studio 7 Studio 6 Studio 6 Studio 6 Studio 7 Studio 2 Studio 6 Studio 7 Cycling Studio 7 Cycling Studio 7 Cycling Studio 5 SG Studio 7 Studio 6 Studio 7 Studio 6 Studio 7 Studio 6 Studio 7 Studio 3 SG Studio 5 Studio 3 SG Studio 5 Studio 3 SG Studio 2 Studio 7	Lonnie Danielle Steve Karen Rob Carmen Stacy Jeanne Lonnie Ebony/Ashely Denisse Gwen Aaron Jeff Lonnie/Ricardo Abduai Jen B Kim Rob Gwen Shanda Liz Karen Amanda/Jen Rob Shanda Tsuri Steve	FRIDAY AM 5:30-6:30 8:00-9:00 8:15-9:15 9:00-9:45 9:15-10:15 10:30-11:30 11:30-12:30 PM 1:00-1:45 5:30-6-30 SATURDAY AM 7:00-8:00 7:45-8:45 8:05-9:05 9:00-10:00 9:15-10:15 9:15-9:45 10:30-11:30 SUNDAY AM 9:00-10:00 10:15-11:15	BODYPUMP Senior Fitness Pilates Total Gym Foundations BODYPUMP BODYSTEP Athletic BODYPUMP Zumba Yoga SSFP Yoga Y Cardio Funk Y-Chisel/BODYPUMP Y-Cycle Step/BODYSTEP Zumba BODYFLOW BODYPUMP TRX® Interval Circuit BODYPUMP Y-Cycle BODYPUMP	Studio 6 Studio 7 Studio 2 Studio 3 Studio 6 Studio 7 Studio 6 Studio 7 Studio 6 Cycling Studio Studio 7 Studio 6 Studio 6 Cycling Studio Studio 6 SG Studio Studio 6	Rotation Liza Rotation Rob Eva Jenny N Karen Danielle Sue E Kim Ashley Rotation Jim Rotation Gwen Lynda Allison Kou Rotation Rotation Rotation
10:25-10:55 10:30-11:30 10:30-11:30 PM 12:00-12:45 1:00-1:45 4:15-5:15 5:25-6:10 5:30-6:30 6:30-7:30 6:30-7:30 6:30-7:30 6:30-7:25 WEDNESDA AM 5:30-6:15 6:00-7:00 8:00-9:00 8:30-9:15 8:30-8:50 9:00-9:55 9:15-10:15 9:15-10:15 9:30-10:40 10:00-11:00	TRX® Interval Circuit Yoga BODYCOMBAT SSFP Circuit Y-Cycle SSFP Yoga BODYPUMP Step X-press Total Gym Advanced Y-Cardio Funk Yoga YKettlebell Interval Circuit BODYCOMBAT Y-Cycle Xtricity strYkeForce Y Cardio Fusion BODYPUMP Senior Fitness Total Gym Foundations Absoglutely Xtricity strYkeForce Y-Cycle BODYPUMP BODYSTEP Total Gym Foundations Xtricity Circuit Training Tai Chi	SG Studio Studio 2 Studio 6 Studio 7 Cycling Studio 7 Studio 6 Studio 6 Studio 6 Studio 3 Studio 7 Studio 2 Studio 6 Studio 7 Cycling Studio 7 Cycling Studio 5 SG Studio 7 Studio 6 Studio 7 Studio 6 Studio 7 Studio 6 Studio 7 Studio 3 Studio 6 SG Studio Studio 7 Studio 3 Studio 6 Studio 7 Studio 3 Studio 6 Studio 7 Studio 3 Studio 5 Studio 3 Studio 5 Studio 3 SG Studio Studio 5 Studio 3	Lonnie Danielle Steve Karen Rob Carmen Stacy Jeanne Lonnie Ebony/Ashely Denisse Gwen Aaron Jeff Lonnie/Ricardo Abduai Jen B Kim Rob Gwen Shanda Liz Karen Amanda/Jen Rob Shanda Tsuri	FRIDAY AM 5:30-6:30 8:00-9:00 8:15-9:15 9:00-9:45 9:15-10:15 10:30-11:30 10:30-11:20 11:30-12:30 PM 1:00-1:45 5:30-6-30 SATURDAY AM 7:00-8:00 7:45-8:45 8:05-9:05 9:00-10:00 9:15-10:15 9:15-10:15 9:15-9:45 10:30-11:30 SUNDAY AM 9:00-10:00 10:15-11:15 11:20-12:20	BODYPUMP Senior Fitness Pilates Total Gym Foundations BODYPUMP BODYSTEP Athletic BODYPUMP Zumba Yoga SSFP Yoga Y Cardio Funk Y-Chisel/BODYPUMP Y-Cycle Step/BODYSTEP Zumba BODYFLOW BODYPUMP TRX® Interval Circuit BODYPUMP Y-Cycle BODYPUMP	Studio 6 Studio 7 Studio 2 Studio 3 Studio 6 Studio 7 Studio 6 Studio 7 Studio 6 Cycling Studio Studio 7 Studio 6 Studio 6 Cycling Studio Studio 6 SG Studio Studio 6	Rotation Liza Rotation Rob Eva Jenny N Karen Danielle Sue E Kim Ashley Rotation Jim Rotation Gwen Lynda Allison Kou Rotation Rotation Rotation

CLASS DESCRIPTIONS

ConneXus Xtricity

The Milwaukee YMCA is the first in the world to introduce programming on the Matrix ConneXus Perimeter System. Be one of the first people to experience the newest innovation in cross circuit and fitness boxing programming. Scientifically engineered to create diversity in your training regimen that will increase your athletic performance. Choose from two distinct platforms maximize the unique training modalities available through this revolutionary ConneXus design.

Fee: (Program runs monthly)

Member \$25 1 day a week \$40 2 days a week

Community \$40 1 day a week \$60 2 days a week (All Fee Based programs runs monthly)

X-Circuit Training (Cross Circuiting Training):

Parallels- Traditional Interval Circuit training for results based fitness. Our trained and certified instructors will guide participants through stacked layers of progressive training dynamics. Each class will have specific outcome levers to maximize performance during individual work phases. Clear and focused coaching will guide participants as they toggle their training between timed and quantified circuit rounds. This module is perfect for those individuals who are interested in ramping up their work out through high and variable intensity training.

Circuit Breaker-The ultimate evolution in cross training has arrived. Our trained and certified instructors will guide participants through intense multi-layered progressive training dynamics. Each class is uniquely different and designed to catapult participants to a new threshold of athletic performance. Advanced sports specific, explosive power and speed dynamic training modules will help participants barrel through their plateau and increase their overall level of fitness. Expect to be challenged to your physical limits as you power through each circuit. This ADVANCED Performance module is perfect for individuals who have a solid and successful work out regime and want to progress their level of fitness.

Boxing Specific (Fitness Boxing)

strYkeForce!- Impact based Fitness Boxing is has finally arrived! Now you can truly get into the fight with the premier of the Milwaukee YMCA's exclusive Fitness boxing program. Our trained and certified instructors will guide participants through traditional and advanced boxing specific calisthenics, sparring, shadow and heavy bag drills. Each class module will focus on building multiple striking techniques that will help pound through offensive and defensive fight patterns. Participants will be striking (punching) and spotting (holding) a heavy bag through out the work and must be comfortable with impact and partner work phases. This class will change your body and get you Fight ready by increasing your speed, power and endurance. Communal heavy bag gloves will be available for this class, however it is recommended that participants provide their own wraps and gloves. This module is perfect for any one that is looking to diversify their routine.

Total Gym Foundations (Level 1 and 2) 35-45 minutes – This class is the perfect starting point for all fitness levels. Participants will focus on mastering techniques and breaking through the plateau of traditional workout routines. Exercises focus on muscle control, isolation, full body engagement, core strength and stability, while decreasing the stress joints.

TRX® Foundations month long session that costs \$25. This 30 minute class will be a beginner pace that will focus on really learning the straps and understanding how your body works with the suspension trainer. Take the extra time to set up each move individually and focus less on the cardio aspect. Class is offered twice a week for the month long session that costs \$25 or Saturdays for once a week for \$15

TRX® Core This extreme core workout is designed to offer you a mix of strength, core stability and balance exercises using your own bodyweight. Meets twice a week to give you the ultimate challenge your core has been waiting for! Great for all levels, ages and abilities. This module will help participants prepare for TRX® Cardio Circuit and TRX® Fusion. Four week session for \$15

TRX[®] **Core Performance** This 20 minute class will up the intensity a bit from basics but is still a beginner class. The cardio pace is picked up in this class while the core is the main focus the entire time. A twice a week class for the month long session that costs \$25.

Y-Blitz An all out fitness war in only 35 minutes. Blitz will provide the CrossFit style workouts that you are looking for. Using everything from weights to tires it will elevate your overall fitness and be a plateau buster. Unlimited Y-Blitz at \$25 per Session.

Y-Chisel This class is designed to strengthen various muscle groups using hand weights, resistance bands and stabilization techniques. A full body workout that builds bone density and reshapes muscle to increase efficiency in daily activities.

Y-Kettlebell Foundations Master kettle bell technique and form in this 30 minute class that focuses on setting up the basic moves of kettle bell momentum training. A low-impact class that delivers results to those interested in strength building, fat loss, muscular endurance, and a fun new workout.

Y-Functional Fit Camp Kettle Bell and TRX Suspension training meets indoor boot camp. This class meets 2 times a week for 45 minutes and will be results driven for the month. Each month has a different focus and will be all about functional training to get you in better shape for everyday life. \$49 for the month.