

Program Schedule



Sept 10-16 2018

Monday				Tuesday				Wednesday				Thursday			
Com. Rm.	Studio A	Studio B	Studio C	Com. Rm.	Studio A	Studio B	Studio C	Com. Rm.	Studio A	Studio B	Studio C	Com. Rm.	Studio A	Studio B	Studio C
Total Body HIIT 6:05-6:50 Bobi			Spin 6:15-7:15 Bill								Spin 6:15-7:15 Stephanie	Total Body HIIT 6:05-6:50 Bobi			
					*Sample our registered classes on Sept 18-21 at no charge (space permitting, these dates only)				*Sample our registered classes on Sept 18-21 at no charge (space permitting, these dates only)				*Sample our registered classes on Sept 18-21 at no charge (space permitting, these dates only)		
								Group PT* 7-7:55 Erin NEW St Sept 19							
					Pilates Mat Int/Adv* 9-9:55 Jaci St Sept 18			Vball rental 7-8:30	Core Str.* 8:45-9:40 Ocean St Sept 19						
Classic Cardio 9:30-10:30 Zena	Pilates Mat Int* Jackie 9:30-10:25 St Sept 17			Body Sculpt 9:30-10:30 Zena		Pilates Eq Ess* Ocean 9:30-10:25 St Sept 18		Cardio Mix 9:30-10:30 Zena	Yoga Flow* 9:45-10:40 Ocean St Sept 19				NEW FascialFit* 9:30-10:25 St Sept 20	Pilates Eq Int* Jackie 9-9:55 St Sept 20	
Rental 10:30 - 11	Pilates Mat Int/Adv* 10:30-11:25 St Sept 17	Yoga Ref* 10-10:55 Ocean St Sept 17		Rental 10:30 - 11		Pilates Mat Ess Senior* 10:30-11:25 St Sept 18		Rental 10:30 - 11				Rental 10:30 - 11	Pilates Mat Ess* Ocean 10:30-11:25 St Sept 20		
Body Sculpt 12:05-12:55 Zena Sept 19-Dec		Pilates Eq Ess* Elspeth 12-12:55 St Sept 17		Tabata 12:30-1:15 Sonja		Pilates Eq Int* Ocean 12:30-1:25 St Sept 18		Spin 12:10-12:50 Hannah Starts today	Bootcamp 12:05-12:55 Sabrina		Pilates Eq Ess* Susan 11:30-12:25 St Sept 19	Classic Cardio 12:05-12:40 Sonja			Spin 12:10-12:50 Leanna
NEW Dropin Pickleball 2:15-4:15													rental 2-4		
Group PT* 5:05-5:55 Sonja St Sept 17	Dropin Yoga 5:05-5:55 Brian Starts today		Spin 5:15-6 Gilles Starts today	Dropin Basketball 4:30-5:55				Spin 5:15-6 Sandra Starts today	Group PT* 5:05-5:55 Sonja St Sept 19	Yoga Flow* 5-5:55 Stefanie W St Sept 19		Dropin Yoga 5:05-5:55 Sara	Barre* 5:30-6:25 Kaycie St Sept 20	Pilates Eq Ess* Elspeth 5:15-6:10 St Sept 20	Spin 5:15-6 Tammy
Heart for Life* 6-7:30 Zena				Karate Club* 6-8		Classic Cardio 5:30-6:30 Adele	Strong by Zumba 6:45-7:45 Tina		Heart for Life* 6-7:30 Mikaela	Body Sculpt 6:05-6:55 Jeannie sub		Karate Club* 6-8 St today	Pound 6:30-7:15 Kaycie St Sept 13		
cleaning 7:30-8				Group PT* 8-8:55 Erin NEW St Sept 18					cleaning 7:30-8			Group PT* 8-8:55 Erin NEW St Sept 20			
Cheer Club* 8-10:30 Starts today	Dance Club* 8-10 Starts today		* no registered classes October 8	Dance Club* 8-10 St today					Cheer Club* 8-10 St today			cleaning 9-10			

Friday				Saturday				Sunday				DROP-IN CLASS DESCRIPTIONS	
Com. Rm.	St. A	St. B	St. C	Com. Rm.	St. A	St. B	St. C	Com. Rm.	St. A	St. B	St. C		
													<p>Tabata/Total Body HIIT/Bootcamp: An action packed fitness class filled with High Intensity Interval Training designed to challenge your body, burn fat and build lean muscle.</p> <p>Cardio Mix/Classic Cardio: Back to the basics with all the fun and fabulous music and moves that you love including the occasional Zumba flare.</p> <p>More Core: A focus on core strengthening for an energy packed workout that will leave you feeling fit and functional.</p> <p>Drop in Yoga: Introductory Yoga good for those who want flexibility and relaxation.</p> <p>Body Sculpt: Abs, Legs and More with a new attitude - using tubing, weights, bars, balls, balance boards, and more.</p> <p>Strong by Zumba: High intensity interval class — think burpees, pushups, and other high-impact moves — synced to specific music.</p> <p>Zumba/Zumfit: Fun, effective, easy to follow, Latin-inspired, calorie burning dance fitness party!</p> <p>Body Works: Fun filled class which challenges cardiovascular, strength and flexibility.</p> <p>Pound: A cardio jam session inspired by the energizing and sweaty fun of playing the drums.</p> <p>Spin: If you are new to spin, please arrive early to be sized for your bike. Spin classes do not require bike reservation. Arrive early to secure your bike.</p> <p>Ask for more details on registered classes.</p>
			Spin 6:15-7:15 Bill										
Group PT* 7-7:55 NEW Erin St Sept 21	*Sample our registered classes on Sept 18-21 at no charge (space permitting, these dates only)												
Body Sculpt 9:30-10:30 Zena				Group PT* 9:30-10:25 Sonja Starts today	Pilates Mat Int* Elsp sub 9-9:55 Starts today								
Rental 10:30 - 11	Yoga Flow* 10-10:55 Ocean St Sept 21				Zumba 10-10:55 Tina	Bounce Pilates* Jaci 10-10:55 Starts today			Classic Cardio 10-11 Zena				
Bootcamp 12:05-12:55 Rick						Pilates Eq Ess* Jaci sub 11-11:55 Starts today							
rental (MBA) 1:30-3:30	rental 1-2												
					*Sample our registered classes on Sept 18-21 at no charge (space permitting, these dates only)								
NEW Dropin Pickleball 3:30-5	Dropin Yoga 4-4:50 Sonja							Fitness in Chinese* 4-4:55 Jason Starts today	Dropin Yoga 4-4:55 Stefanie B.				
	rental 5-6							Fitness in Chinese* 5-5:55 Jason Starts today					
Classic Cardio 5:30-6:30 Marie sub								Fitness in Chinese* 6-6:55 Jason Starts today					
cleaning 8-9				cleaning 6-7									
												* no registered classes October 7	

Com. Rm.=Community Room
 St. A=Studio A
 St. B=Studio B
 St. C=Studio C

Schedule Subject to Change- See front desk for up to date schedule
 *requires registration and may have an additional class fee
 ^indicates Women's only classes



Pilates Mat Int* Jackie	9:30-10:25			St Sept 17	
Yoga Ref*	10-10:55	Ocean		St Sept 17	
Pilates Mat Int/Adv*	10:30-11:25			St Sept 17	
Pilates Eq Ess* Elspeth	12-12:55			St Sept 17	
Group PT*	5:05-5:55	Sonja		St Sept 17	
Pilates Mat Int/Adv*	9-9:55	Jaci		St Sept 18	
Pilates Eq Ess* Ocean	9:30-10:25			St Sept 18	☒
Pilates Mat Ess Senior*	10:30-11:25			St Sept 18	
Pilates Eq Int* Ocean	12:30-1:25			St Sept 18	☒
Group PT*	8-8:55		Erin NEW	St Sept 18	
Group PT*	7-7:55		Erin NEW	St Sept 19	
Core Str.*	8:45-9:40	Ocean		St Sept 19	
Pilates Eq Int* Jackie	9-9:55			St Sept 19	
Yoga Flow*	9:45-10:40	Ocean		St Sept 19	
Pilates Eq Ess* Susan	11:30-12:25			St Sept 19	
Pilates Eq Int* Susan	12:30-1:25			St Sept 19	
Pickleball Prep* NEW	2-3	Susan		St Sept 19	
Yoga Flow* 5-5:55	Stefanie W			St Sept 19	
Group PT*	5:05-5:55	Sonja		St Sept 19	
Pilates Eq Int* Elspeth	6:30-6:25			St Sept 19	
Pilates Eq Int* Jackie	9-9:55			St Sept 20	☒
NEW FascialFit*	9:30-10:25			St Sept 20	
Pilates Mat Ess* Ocean	10:30-11:25			St Sept 20	
Pilates Eq Ess* Elspeth	6:15-6:10			St Sept 20	
Barre*	5:30-6:25	Kaycie		St Sept 20	
Group PT*	8-8:55		Erin NEW	St Sept 20	
Group PT*	7-7:55	NEW	Erin		St Sept 21
Pilates Eq Int* NEW	9-9:55				St Sept 21
Yoga Flow*	10-10:55	Ocean		St Sept 21	
Pilates Mat Int* Elsp sub	9-9:55			Starts today	☒
Group PT*	9:30-10:25	Sonja		Starts today	
Bounce Pilates* Jaci	10-10:55			Starts today	☒
Pilates Eq Ess* Jaci sub	11-11:55			Starts today	☒
Fitness in Chinese*	4-4:55	Jason		Starts today	
Fitness in Chinese*	5-5:55	Jason		Starts today	
Fitness in Chinese*	6-6:55	Jason		Starts today	

Pilates Mat Int*