

Group Fitness Schedule – Spring 2017

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:15 a.m.	Cycle – Colleen Powertone - Kelli	Cardio Circuit – Marlene	Cycle- Lisa Powertone - Delynn	Cardio Circuit - Kelli	Cycle - Kyle	
6:15 a.m.	Yoga for Athletes – Colleen HIGH Fitness - Jacqueline	Powertone – Natalie	Cycle – Lisa Barre – Jacqueline	Powertone – Natalie	Yoga-Amy H Step - Tish	7:30 Cycle – Kyle/Heather
8:00 a.m.	Powertone - Jill		Powertone - Katie			7:30 Powertone-Kelli
9:00 a.m.	Powertone - Jessica Cycle - Tracie Pilates mat - Lisa	BURN – Tracie (30 min) Yoga - Judy	Powertone – Tish Cycle - Kristine Pilates mat – Julie	HIGH Fitness - Randi Yoga - Marybeth	Cardio Circuit N Core 9-10:15- Adrienne Pilates Mat - Julie	8:30 Cardio Circuit- Marlene
9:30 a.m.		Cardio Kickbox – Tracie				9:30 yoga- Judy/Marybeth
10:00 a.m.	Yoga – Tracie Dance Fitness - Cathy		Yoga - Aki HIGH Fitness - Jami	Step - Jill		9:30 Zumba-Cathy
12:00 p.m.		Yoga-Tracie		Yoga - Tracie		*classes are subject to change
5:00 p.m.	Core (30 min) -Monica					
5:30 p.m.	Cardio Circuit - Monica	Powertone - Nikke	Barre - Hayley	Powertone- Monica		
6:00 p.m.		Cycle - Kristine				
6:30 p.m.	CrossCycle - Marlene	Zumba-Cathy	HIGH Fitness - Kelli	Zumba-Katrina Cycle - Nate		
7:30 p.m.	Zumba - Greg Yoga - Marybeth	HIGH Fitness - Michelle	Dance Fitness – Cathy Yoga-Annie			