

# *Group Fitness Schedule –Spring/Summer 2017*

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
<b>5:15 a.m.</b>	Cycle – Colleen	Cardio Circuit – Marlene	Cycle- Lisa	Cardio Circuit - Kelli	Cycle - Kyle	
<b>6:15 a.m.</b>	Yoga for Athletes – Colleen HIGH Fitness - Jacqueline	Powertone – Natalie	Barre – Jacqueline	Powertone – Natalie	Yoga-Amy H Step - Tish	
<b>8:00 a.m.</b>	Powertone - Jill		ToneN'Cardio - Tish			7:30 Powertone-Kelli
<b>9:00 a.m.</b>	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 yoga- Judy/Marybeth
<b>9:30 a.m.</b>		Cardio Kickbox – Tracie				9:30 Zumba-Cathy
<b>10:00 a.m.</b>	Yoga – Tracie Dance Fitness - Cathy		Yoga - Aki HIGH Fitness - Jami	Step - Jill		
<b>12:00 p.m.</b>		Yoga-Tracie				*classes are subject to change
<b>5:00 p.m.</b>	Core (30 min) -Monica					
<b>5:30 p.m.</b>	Cardio Circuit - Monica	Powertone - Nikke	Barre - Hayley	Powertone- Monica		
<b>6:30 p.m.</b>	CrossCycle - Marlene	Zumba-Cathy	HIGH Fitness - Kelli	Zumba - Lisa		
<b>7:30 p.m.</b>	Zumba - Greg Yoga - Marybeth	HIGH Fitness - Michelle	Dance Fitness – Cathy Yoga-Annie			