

Group Fitness Schedule – Fall 2017

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