






LABOR DAY GROUP EXERCISE LAND SCHEDULE

WEDNESDAY, AUGUST 28 - TUESDAY, SEPTEMBER 3

WEDNESDAY, 8/28	THURSDAY, 8/29	FRIDAY, 8/30	SATURDAY, 8/31	SUNDAY, 9/1	MONDAY, 9/2	TUESDAY, 9/3
6:00 - 6:50 am Bootcamp Aaron	5:30 - 6:30 am Body Pump Carol		8:00 - 8:50 am BodyCombat Amy R	8:30 - 9:20 am Cycle Susan E		5:30 - 6:30 am Body Pump will not be held
6:00 - 7:00 am Sunrise Yoga Steve	8:30 - 9:20 am BodyCombat Amy R	8:30 - 9:25 am Tabata Sculpt & Core Susan E	9:00 - 10:00 am Body Pump Jennifer	9:00 - 10:15 am Vinyasa Flow Yoga Tatiana	CLUB HOURS: 7AM - 1PM	8:00 - 8:55 am MyZone HIIT Lora
9:00 - 9:25 am Core Conditioning Lora	9:00 - 10:00 am Pilates Mat-Based Werner	9:00 - 10:15am Total Body Yoga Tatiana	9:00 - 10:00 am Cycle Melissa	9:30 - 10:20 am Strength & Core Susan E	9:30 - 10:20 am Cardio Barre Fusion Janine	9:00 - 10:00 am Power Yoga Brook
9:15 - 10:15 am Cycle Lisa H.	9:15 - 10:00 am Heart Plus Toning Kris (AOA)	9:30 - 10:30 am Cycle Lisa H.	9:00 - 10:00 am Just Dance Kristin	10:25am - 10:55 am Foam Roller Susan E	10:30 - 11:20 am (AOA) Heart Plus Toning Werner	9:10 - 10:00 am Just Dance Lesley C
9:15 - 10:05 am Chair Yoga Elaine(AOA)	9:30 - 10:20 am Barre Fusion Janine	9:30 - 10:25 am Just Dance Lesley C	9:15 - 10:05 am Pilates Fusion Susan E	2:00 - 3:00 pm Total Body Yoga Tatiana	10:30 - 11:30 am Vinyasa Flow Yoga with Marjorie	9:15 - 10:30 am Cycle & Strength Lora
9:30 - 10:30 am Adult Ballet (AOA) Werner	9:30 - 10:30 am Wellness <i>Registration Required</i>	10:00 - 10:55 am Chair Yoga (AOA) Brook	10:15 - 11:15 am Power Yoga Susan E			9:15 - 10:15 am Sit & Fit (AOA) Kris
9:30 - 10:30 am Simply Strength Lora	10:15 - 11:15 pm Wellness <i>Registration Required</i>	10:20 - 11:10 am Adult Ballet (AOA) Werner	10:15 - 11:15 am will not be held Body Pump			10:15 - 11:05 am Just Barre Lesley C
10:15 - 11:15 am Wellness <i>Registration Required</i>	10:15 - 11:15 pm Restorative Yoga Steve	10:30 - 11:00 am Arm, Core and Stretch Lesley C	11:30 - 12:45 pm Restorative Yoga with Marlene			10:15 - 11:15 am Body Pump Amy R
10:30 - 11:30am Wellness <i>Registration Required</i>	10:30 - 11:30 am Body Pump Michelle	11:15 - 12:15 pm Wellness <i>Registration Required</i>				11:30 - 3:15 pm Wellness <i>Registration Required</i>
10:35 - 11:25 am Pilates Fusion Susan E	11:20 - 12:05 pm Sit & Fit (AOA) with Kris	11:30 am - 12:30 pm Balance & Stability Fabian (AOA)				11:30 - 12:30 pm Restorative Yoga Steve
10:30 - 11:25 am BeMoved Dance Joanie (AOA)	11:30 - 12:30 pm Restorative Yoga Steve	12:30 - 1:30 pm (AOA) Therapeutic Yoga Marlene				12:30 - 1:30 pm WELLNESS <i>Registration required</i>
11:30 - 12:30pm Yoga Flow with Weights Mary Clare	11:45 - 3:15 pm Wellness <i>Registration Required</i>	12:45 - 1:45 pm Wellness <i>Registration Required</i>				4:45 - 5:45 pm Yoga Tuneup Werner
11:30 am - 12:30 pm Balance & Stability Fabian (AOA)	4:45 - 5:45 pm Yoga Tuneup Werner	1:45 - 2:45 pm Wellness <i>Registration Required</i>				5:15 - 6:05 pm Barre Fusion Amy R
1:00 - 3:15 pm Wellness <i>Registration Required</i>	5:30 - 6:30 pm Cycle Carol					5:30 - 6:30 pm Cycle Bill P
5:30 - 6:30 pm Vinyasa Flow Yoga Tatiana						
5:30 - 6:30 pm Body Pump Carol						

(AOA) Active Older Adult

CODES:

- Cycle Studio 
- Main Studio 
- Mind/Body Studio 
- Banquet Room 