



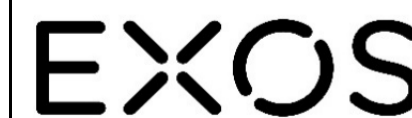
GROUP FITNESS SCHEDULE

JULY 2019

STUDIO KEY

- ULS Upper Level Studio
- LLS Lower Level Studio
- CS Cycling Studio
- QX Queenax
- TR Treadmill
- OS Outdoors

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING	6:15-7:15 SPIVI® CS <i>Amber</i>	6:15-7:15 Spinning® CS <i>Kristin</i> 7:15-8:00 Gentle Yoga LLS <i>Michelle</i> 10:30-11:00 HIIT and Run TR <i>Michael Roman</i>	6:15-7:15 Spinning® CS <i>Amber Jackson</i> 6:30-7:30 RUN CLUB OS <i>EXOS Fitness Coach</i> 7:15-8:00 Total Body Fitness ULS <i>Ally</i>	6:15-7:15 SPIVI® CS <i>Kristin</i> 6:45-7:30 Boot Camp ULS <i>Marell</i> 7:15-8:00 Gentle Yoga LLS <i>Michelle</i> 10:30-11:00 HIIT and Run TR <i>Bethany Westbrook</i>	8:30-9:30 Spinning® CS <i>Chase</i> 10:00-10:45 Queenax Metabolic Fit QX <i>EXOS Fitness Coach</i>	10:30-11:30 Spinning® CS <i>Jennifer Heckell</i> 11:00-11:45 Queenax Metabolic Fit QX <i>EXOS Fitness Coach</i>	
MIDDAY	11:15-12:00 Queenax Metabolic Fit QX <i>EXOS Fitness Coach</i> 11:15-12:00 PIYO® LLS <i>Tracie Boddy</i> 11:15-12:00 Boot Camp ULS <i>Kelli Pierce</i> 11:30-12:15 SPIVI® CS <i>Jillian</i> 12:00-12:15 AB ATTACK! ULS <i>Kelli Pierce</i> 12:15-1:00 Barre LLS <i>Debbie</i> 12:15-1:00 Queenax Metabolic Fit QX <i>EXOS Fitness Coach</i> 12:25-12:55 REFIT® ULS <i>Jen Mannarelli</i> 12:30-1:00 Spinning® CS <i>Jillian</i> 1:15-2:00 Warm Vinyasa LLS <i>Charlotte</i> 1:15-2:00 Queenax Metabolic Fit QX <i>EXOS Fitness Coach</i>	11:15-11:45 Queenax Core QX <i>EXOS Fitness Coach</i> 11:15-12:00 Yoga Flow LLS <i>Michelle</i> 11:15-12:00 Boot Camp ULS <i>Zach</i> 11:30-12:15 SPIVI® CS <i>Abbas</i> 12:00-12:15 AB ATTACK! ULS <i>Zach</i> 12:00-12:30 Queenax Core QX <i>EXOS Fitness Coach</i> 12:15-1:00 Vinyasa Flow Yoga LLS <i>Ashley-Brooke</i> 12:25-12:55 Tabata ULS <i>Dana Price</i> 1:15-2:00 Barre LLS <i>Debbie</i>	11:15-12:00 Queenax Metabolic Fit QX <i>EXOS Fitness Coach</i> 11:15-12:00 PIYO® LLS <i>Tracie Boddy</i> 11:15-12:00 Boot Camp ULS <i>Kelli Pierce</i> 11:30-12:15 Spinning® CS <i>Jillian</i> 12:00-12:15 AB ATTACK! ULS <i>Kelli Pierce</i> 12:15-1:00 Barre LLS <i>Tracie Boddy</i> 12:15-1:00 Queenax Metabolic Fit QX <i>EXOS Fitness Coach</i> 12:25-12:55 REFIT® ULS <i>Jen Mannarelli</i> 1:15-2:00 Warm Vinyasa LLS <i>Charlotte</i> 1:15-2:00 Queenax Metabolic Fit QX <i>EXOS Fitness Coach</i>	11:15-12:00 Pound® LLS <i>Kelly Nord</i> 11:15-11:45 Queenax Core QX <i>EXOS Fitness Coach</i> 11:15-12:00 Boot Camp ULS <i>Dana Price</i> 11:30-12:15 SPIVI® CS <i>Jillian</i> 12:00-12:15 AB ATTACK! ULS <i>Dana Price</i> 12:00-12:30 Queenax Core QX <i>EXOS Fitness Coach</i> 12:15-1:00 Vinyasa Flow Yoga LLS <i>Stephanie</i> 12:25-12:55 Tabata ULS <i>Dana Price</i> 1:15-2:00 Barre LLS <i>Debbie</i>	11:15-12:00 Queenax Metabolic Fit QX <i>EXOS Fitness Coach</i> 11:15-12:00 Power Yoga LLS <i>Stephanie</i> 11:15-12:00 Boot Camp ULS <i>Kelli Pierce</i> 11:30-12:15 SPIVI® CS <i>Jennifer Heckell</i> 12:00-12:15 AB ATTACK! ULS <i>Angie</i> 12:15-1:00 Vinyasa Flow Yoga LLS <i>Ashley Brooke</i> 12:15-1:00 Queenax Metabolic Fit QX <i>EXOS Fitness Coach</i> 12:25-12:55 REFIT® ULS <i>Jen Mannarelli</i> 12:30-1:00 Spinning® CS <i>Jennifer Heckell</i> 1:15-2:00 Queenax Metabolic Fit QX <i>EXOS Fitness Coach</i>		
EVENING	5:15-6:00 STRONG by Zumba® ULS <i>Heather</i> 5:15-5:45 Queenax Boost QX <i>EXOS Fitness Coach</i> 5:30-6:15 Spinning® CS <i>Chase</i> 5:30-6:30 Power Yoga LLS <i>Kristin</i> 6:30-7:15 Spinning® CS <i>Abbas</i>	4:30-5:15 Queenax Metabolic Fit QX <i>EXOS Fitness Coach</i> 5:30-6:15 SPIVI® CS <i>Abbas</i> 5:30-6:30 Warm Vinyasa LLS <i>Ryan Bratcher</i> 6:00-6:45 Boot Camp ULS <i>Marell</i>	5:15-6:00 STRONG by Zumba® ULS <i>Heather</i> 5:15-5:45 Queenax Boost QX <i>EXOS Fitness Coach</i> 5:30-6:15 Spinning® CS <i>Abbas</i> 5:30-6:30 Power Yoga LLS <i>Stephanie</i> 6:30-7:30 Spinning® CS <i>Chase</i>	4:30-5:15 Queenax Metabolic Fit QX <i>EXOS Fitness Coach</i> 5:30-6:15 Spinning® CS <i>Jennifer Heckell</i> 5:30-6:30 Warm Vinyasa LLS <i>Stephanie</i> 6:00 - 6:45 Boot Camp ULS <i>Marell</i>	4:30-5:15 Queenax Metabolic Fit QX <i>EXOS Fitness Coach</i> 5:30-6:00 HIIT and Run TR <i>Michael Roman</i>		



New classes to the schedule, or changes in Instructor or class time are highlighted in plum.
 Participation in Run Club requires an additional liability waiver to be signed as Runs occur outside of the Club.