



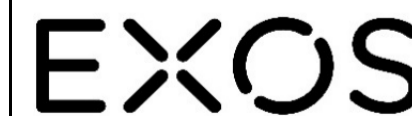
GROUP FITNESS SCHEDULE

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



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.