



GROUP FITNESS SCHEDULE

October 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 Darius	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 Cheryl 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 Cheryl 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 Chase 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 Cheryl 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 Chase 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 Cheryl 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 Cheryl 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 Cheryl	4:30-5:15 Queenax Metabolic Fit QX EXOS Fitness Coach 5:30-6:15 SPIVI* CS Cheryl 5:30-6:30 Warm Vinyasa LLS Ryan Bratcher 6:00-6:45 Boot Camp ULS Marell 6:30-7:30 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 Cheryl 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.