ATHLETIC SOCIETY Group Fitness Schedule – effective December 21, 2022 $ = extra charge

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00-9:00am Aqua *France Aufrecht*	7:30-8:30am Rhythm Ride *Terri Ibarra*	8:30-9:30am Step *Kim Worthen*	7:30-8:25a Contour to the Core *Tracy Wolf*	8:00-9:00am Aqua *Tracy Wolf*	8:15-9:15 am Weights & Agility *Stephanie Borg*	8:30-9:30am Strong *Peter Fair*
8:30am Pilates Reformer $ *Monika Hall : Basic/Intro*	8:00-9:00am Contour the the Core *Tracy Wolf*	8:30-9:15am HIIT Cycle 45 *Tracy Wolf*	8:30-9:30am Rhythm Ride *Madi Wolf*	8:30-9:30a Fit Camp *Kim Worthen*	8:30-9:30am Rhythm Ride *Terri Ibarra*	8:30am Pilates Reformer $ *Kim Worthen… All Levels*
8:45-9:30 HIIT CYCLE 45 *Judy N*	830am Pilates Reformer $ *Kim Worthen: Advanced*	9:00-10:15am Yoga *Georgina Purple*	8:30am Pilates Reformer $ *Crystal DeSilva: Strong Int / Advanced*	8:30-9:30a Rhythm Ride *Madi Wolf*	8:30am Pilates Reformer $ *Monika Hall Int/Adv*	8:45-10:00am Yoga *Geri A*
9:30-10:30am Beyond Barre *Maria Mohrman*	9:35am Pilates Reformer $ *Kim Worthen: Intermediate*	9:30-10:30 am Weights & Agility *Tracy Wolf*	9:30-10:30am Pilates Sculpt *Lisa London*	8:30am Pilates Reformer $ *Monika Hall: Advanced*	9:30-10:30am Pilates Mat *Peter Fair*	9:30-10:30am Cycle *Judy N.*
9:35am Pilates Reformer $ *Monika Hall: Advanced*	10:00-11:00am Powerbox *Joseph*	9:35am Pilates Reformer $ *Kim Worthen… Advanced*	9:35am Pilates Reformer $ *Crystal DeSylva Pilates Stretch*	9:00-10:15am Yoga *Georgina Purple*	9:35am Pilates Reformer $ *Kim Worthen… Advanced*	
10:30-11:30am Forever Fit *France Aufrecht*	5:30-6:30pm Strength *Maria Mohrman*	10:30-11:30am Forever Fit *France Aufrecht*	11:30-12:30pm Pilates Reformer $ *Deb Pare*	9:30-10:30am Powerbox *Joseph*	9:45-10:45am Rhythm Ride *Terri Ibarra*	
10:40am Pilates Reformer $ *Monika Hall: Intermediate*	5:30pm Pilates Reformer $ *Monika Fundamentals*	10:40am Pilates Reformer $ *Monika Hall: Intermediate*	5:30-6:30pm Beyond Barre *Maria Mohrman*	9:35am Pilates Reformer $ *Kim Worthen: Intermediate*	10:40am Pilates Reformer $ *Kim Worthen… Beg/Int*	
5:30-6:30pm Fit Camp *Michelle Tanzer*	6:30-7:30pm Pilates Mat *Stephanie Borg (Studio 1)*	1:00-2:00pm Aqua *France Aufrecht*	5:30-6:30pm Cardio Reformer $ *Monika Hall Int/adv*	10:30-11:30a Forever Fit *France Aufrecht*	11:15-12:15pm Powerbox *Joseph*	
5:30pm Rhythm Ride *Peter Fair*		5:30-6:30am Fit Camp *Michelle Tanzer*	6:30-7:30pm Pilates Mat *Stephanie Borg (Studio 1)*	10:40am Pilates Reformer $ *Deb Pare Beg/Int*		
5:30pm Pilates Reformer $ *Monika: All levels*		5:30-6:30pm Rhythm Ride *Peter*		5:15-6:15pm Cardio Dance *Michelle Tanzer*		
6:30-7:30pm Powerbox *Joseph*		5:30pm Pilates Reformer $ *Monika: All levels*				
		6:30-7:30pm Powerbox *Joseph*				