GROUP FITNESS SCHEDULE

Effective March 13, 2023

$ = extra charge

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00-9:00am Aqua *Madi Wolf-Kennedy, Pool*	**7:30-8:30am Rhythm Ride** *Terri Ibarra, Cycle Studio*	**8:30-9:30am Step Aerobics** *Kim Worthen, Studio 1*	**8:00-9:00 Contour to the Core** Tracy Wolf, Studio 1	**8:00-9:00am Aqua** *Tracy Wolf, Pool*	**8:15-9:15am Strength** *Stpdhanie Borg, Studio 1*	**8:30-9:30am Strength** *Peter Fair, Studio 1*
8:30am Pilates Reformer Basic $ *Monika Hall*	**8:00-9:00 Contour to the Core** *Tracy Wolf, Studio 1*	**8:30-9:15am HIIT Cycle 45** *Tracy Wolf, Cycle Studio*	**8:30-9:30am Rhythm Ride** *Madi Wolf-Kennedy, Cycle*	**8:30-9:30am Fit Camp** *Kim Worthen, Studio 1*	**8:30-9:30am Rhythm Ride** *Terri Ibarra, Cycle Studio*	**8:30am Pilates Reformer $** *Kim Worthen*
8:45-9:30am HIIT Cycle 45 *Judy N, Cycle Studio*	**8:30am Pilates Reformer Adv. $** *Kim Worthen*	**9:00-10:15am Hatha Yoga** *Georgina Purple, Yoga Studio*	**8:30am Pilates Reformer Adv $** *Stephanie Borg*	**8:30-9:30am Rhythm Ride** *Madi Wolf-Kennedy, Cycle Studio*	**8:30am Pilates Reformer Int. $** *David Godley*	**8:45-10am Hatha Yoga** *Geri Arnais, Yoga Studio*
9:30-10:30am Beyond Barre *Maria Morhman, Studio 1*	**9:35am Pilates Reformer Int. $** Kim Worthen	**9:30-10:30am Weights & Agility** *Tracy Wolf, Studio 1*	**8:30-9:30am Pilates Sculpt** *Lisa London, Studio 1*	**8:30 Pilates Reformer Adv $** *Monika Hall*	**9:30-10:30am Pilates Mat** *Peter Fair, Studio 1*	**9:30-10:30am Rhythm Ride** *Judy N, Cycle Studio*
9:35am Pilates Reformer Adv. $ *Monika Hall*	**10:00-11:00am Powerbox** *Joseph Ojomoh*	**9:35am Pilates Reformer Adv. $** *Kim Worthen*	**9:35 Pilates Reformer Stretch $** *Stephanie Borg*	**9:00-10:15am Hatha Yoga** *Georgina Purple, Yoga Studio*	**9:35 Pilates Reformer Adv $** *Kim Worthen*	**9:35am Pilates Reformer Int $** *Monika Hall*
10:30-11:30am Forever Fit *France Aufrecht, Studio 1*	**10:15-11:30am Hatha Yoga** *Georgina Purple, Yoga Studio*	**10:30-11:30am Forever Fit** *France Aufrecht, Studio 1*	**11:30am Pilates Reformer Int. $** *Deb Pare*	**9:30-10:30am Powerbox** *Joseph Ojomoh, Boxing Studio*	**9:45-10:45am Rhythm Ride** *Terri Ibarra, Cycle Studio*	
10:40am Pilates Reformer Int. $ *Monika Hall*	**5:30-6:30pm Strength** *Stephanie Borg, Studio 1*	***10:40am Pilates Reformer Int. $*** *Monika Hall*	***5:30-6:30pm Beyond Barre*** *Maria Morhman*	***9:35am Pilates Reformer Int. $*** *Kim Worthen*	**10:40 Pilates Reformer Int. $** *Kim Worthen*	
4:30-5:30pm Pilates Reformer Int $ *David Godley*	***5:30pm Pilates Reformer Basic $*** *Monika Hall*	**1:00-2:00pm Aqua** *Tracy Wolf, Pool*	**5:30pm Pilates Reformer Adv $** *Monika Hall*	**10;30-11:30am Forever Fit** *France Aufrecht, Studio 1*	**11:15-12:15pm Powerbox** *Joseph Ojomoh, Boxing Studio*	
5:30-6:30pm fit Camp *Michelle Tanzer, Studio 1*	**6:30-7:30pm Pilates Mat** *Stephanie Borg, Studio 1*	**5:30-6:30pm Fit Camp** *Michelle Tanzer, Studio 1*		**10:40 Pilates Reformer Int. $** *Deb Pare*		
5:30-6:30pm Rhythm Ride *Peter Fair, Cycle Studio*		**5:30-6:30pm Rhythm Ride** *Peter Fair, Cycle Studio*		**5:15pm Cardio Latin Dance** *Michelle Tanzer, Studio 1*		
5:30pm Pilates Reformer Int. $ *Monika Hall*		**5:30pm Pilates Reformer $** Monika Hall				
6:00-7:15pm Hatha Yoga *Crystal DeSliva, Yoga Studio*		**6:00-7:15pm Hatha Yoga** Georgina Purple, Yoga Studio				
6:30-7:30pm Power Box *Joseph Ojomoh, Boxing Studio*		**6:30-7:30pm Powerbox** *Joseph Ojomoh, Boxing Studio*				