

Familywellness August Group Fitness Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30am-6:15am Spinsanity Jerry G (Cycling Stadi...)	5:30am-6:30am Cycle 60 Holly S (Cycling Stadi...)	5:30am-6:15am Spinsanity Aaron K (Cycling Stadi...)	5:30am-6:30am Tabata Toning Jerry G (GF1)	5:30am-6:15am RPM Vicki B (Cycling Stadi...)	6:45am-7:15am WAR Virtual C (GF1)	9:00am-9:45am Sport Cycling 45 Paul (Cycling Stadi...)
5:30am-6:30am Circuit Trainer (Bridge)	5:30am-6:30am BODYPUMP (TM) Trina M (GF2)	5:30am-6:30am Circuit Trainer (Bridge)	5:30am-6:15am Cycle 45 Vivian F (Cycling Stadi...)	5:30am-6:30am BODYPUMP (TM) Jessica A (GF2)	7:00am-7:35am Abs, Back, & Booty Kristi (GF2)	10:15am-11:15am Sport Kickboxing Paul (GF2)
5:30am-6:00am Boot Workout Virtual C (GF1)	5:30am-6:30am BODYPUMP (TM) Support In... Rachel E (GF2)	5:30am-6:30am Transform Virtual C (GF1)	5:30am-6:30am BODYPUMP (TM) Shanna O (GF2)	5:30am-6:30am Circuit Trainer (Gym)	7:20am-8:10am Sport Core Express Virtual C (GF1)	1:00pm-2:00pm Aqua Zumba @ Annika P (Lap Pool)
5:35am-6:35am Circuit Staff (Bridge)	5:30am-6:30am Yoga Strength Erin W (GF1)	5:35am-6:35am Circuit Staff (Bridge)	6:45am-7:15am PLYOGA Express Virtual C (GF1)	5:30am-6:00am INSANITY (30 min) Cami B (GF1)	7:45am-8:45am BODYPUMP (TM) Lisa (GF2)	5:30pm-6:30pm BODYPUMP (TM) Lori (GF2)
6:10am-6:40am AXIS Virtual C (GF1)	6:45am-7:45am Transform Virtual C (GF1)	6:45am-7:45am Power Step Virtual C (GF1)	7:20am-7:50am Transform 30 min Virtual C (GF1)	5:35am-6:35am Circuit Staff (Bridge)	8:00am-8:55am Aqua Instructor Choice Kari B (Lap Pool)	6:30pm-7:30pm Candle Light Yoga Amanda N (GF1)
6:45am-7:25am Daily Burn 365 Virtual C (GF1)	8:00am-8:55am AquaFit Nicolle (Lap Pool)	8:00am-8:30am Sport Core Express Virtual C (GF1)	8:00am-8:55am AquaFit Nicolle (Lap Pool)	6:45am-7:45am Transform Virtual C (GF1)	8:00am-8:50am RPM Pamela B (Sub) (Cycling Stadi...)	6:45pm-7:45pm STRONG Mandy F (GF2)
8:00am-9:00am Raw Groove Jeanne (GF2)	8:00am-8:45am Muscle Fitness Sarah P (GF2)	8:00am-9:00am Raw Groove Jeanne (GF2)	8:00am-8:45am Muscle Fitness Sarah P (GF2)	8:00am-8:55am Rapid Liquid Cardio Amber C (Lap Pool)	8:00am-9:00am Circuit Staff (Bridge)	7:45pm-8:15pm WAR Virtual C (GF1)
8:20am-8:50am Abs, Back, & Booty Kristi (GF1)	8:00am-8:30am Power Step 30 Virtual C (GF1)	9:00am-9:55am AquaFit Sarah P (Lap Pool)	8:00am-8:30am Power Step 30 Virtual C (GF1)	8:00am-8:50am Barre Fitness Kara F (GF2)	8:00am-9:00am Yoga Level 1 Kate S (GF1)	8:20pm-8:50pm AXIS Virtual C (GF1)
9:00am-10:00am Cycle & Abs Val (Cycling Stadi...)	9:00am-9:45am Cycle 45 Jessica T (Cycling Stadi...)	9:00am-9:45am Line Dancing Nicolle A (GF1)	9:00am-9:45am Gold N Tone Nicolle A (GF1)	8:00am-8:40am Daily Burn 365 Virtual C (GF1)	9:00am-10:00am BODYPUMP (TM) Jessica A (GF2)	
9:00am-9:55am AquaFit Erin W (Lap Pool)	9:00am-10:00am BODYPUMP (TM) Amy (GF2)	9:15am-10:05am Tabata Toning Abby K (GF2)	9:00am-9:50am RPM Amy (Cycling Stadi...)	9:00am-10:00am Cycle & Abs Val (Cycling Stadi...)	9:00am-10:00am BODYPUMP (TM) Support In... Erin A (GF2)	
9:00am-9:45am Gold N Fit Nicolle (GF1)	9:00am-9:45am SilverSneakers @ Classic Carol (Sub) (GF1)	10:00am-11:00am Parkinson's Program Gary P (GF1)	9:00am-10:00am BODYPUMP (TM) Val (GF2)	9:00am-9:55am AquaFit Amber C (Lap Pool)	10:15am-11:15am Zumba @ Jessica K (GF2)	
9:15am-10:05am Tabata Toning Abby K (GF2)	9:00am-10:00am BODYPUMP (TM) Support In... Val (GF2)	10:15am-11:00am Mat Pilates Erin W (GF2)	10:00am-11:00am Yogaflow Lori (GF1)	9:00am-10:00am BODYPUMP (TM) Amy (GF2)		
10:00am-11:00am Parkinson's Program Gary P (GF1)	10:00am-11:00am Yogaflow Lori (GF1)	11:00am-11:50am PD FIT Gary P (GF1)	10:15am-11:15am Barre Fitness Kara F (GF2)	9:00am-9:55am Yogaflow Lori (GF1)	Aquatics (pool/hot tub/sauna/ spa) is closed August 26th - August 30th.	
10:15am-10:55am Core N More Val (GF2)	10:15am-11:15am Tabata Toning Kyla B (GF2)	12:00pm-1:15pm Yoga Mixed Level Karla B (GF1)	12:00pm-12:45pm Cycle & Abs 45 Kristi (Cycling Stadi...)	10:00am-11:00am Parkinson's Program Gary P (Conference Ro...)		
11:00am-11:50am PD FIT Gary P (GF1)	12:00pm-12:45pm Cycle 45 Kristi (Cycling Stadi...)	12:10pm-12:55pm Circuit Trainer (Bridge)	12:00pm-1:00pm SilverSneakers @ Splash Jami (Lap Pool)	10:15am-11:15am Raw Groove Carol (Sub) (GF2)		
12:00pm-1:00pm Transform Virtual C (GF1)	12:00pm-1:00pm SilverSneakers @ Splash Jami (Lap Pool)	12:15pm-1:15pm BODYPUMP (TM) Lisa (GF2)	4:30pm-5:15pm Sport Cycling 45 Paul (Cycling Stadi...)	12:00pm-1:00pm Tabata Toning Ginae' (GF2)		
12:10pm-12:55pm Circuit Trainer (Bridge)	12:00pm-1:15pm Yoga Mixed Level Karla H (GF1)	4:30pm-5:30pm BODYPUMP (TM) Shari I (GF2)	4:30pm-5:20pm Mat Pilates Anne H (GF1)	12:10pm-12:55pm Circuit Trainer (Bridge)		
4:30pm-5:30pm BODYPUMP (TM) Shari I (GF 2)	4:30pm-5:20pm RPM Pamela B (Cycling Stadi...)	4:30pm-5:30pm Zumba @ Carol (GF1)	5:30pm-6:30pm Yoga Level 1 Cathy (GF1)	4:30pm-5:25pm Vinyasa Yoga Flow Carol A (GF1)		
4:30pm-5:30pm Raw Groove Lisa K (GF 1)	4:30pm-5:20pm Barre Fitness Lisa K (GF2)	5:15pm-5:55pm Kidz Fit Staff (Gym)	5:35pm-6:35pm BODYPUMP (TM) Kaylee N (GF2)	5:30pm-6:30pm AquaFit Kari B (Sub) (Lap Pool)		
5:15pm-5:55pm Kidz Fit Staff (Gym)	4:30pm-5:20pm Mat Pilates Carol A (GF1)	5:30pm-6:15pm Sport Cycling 45 Mike (Cycling Stadi...)	5:35pm-6:35pm BODYPUMP (TM) Support In... Aaron K (GF2)	5:35pm-6:35pm P90X@ Crystal S (GF1)		

5:35pm-6:35pm BODYPUMP (TM) <i>Aimee (GF2)</i>	5:35pm-6:35pm BODYPUMP (TM) <i>Chris (GF2)</i>	5:35pm-6:30pm Sport Kickboxing <i>Paul (GF1)</i>	8:00pm-9:00pm Barre Fitness <i>Kati E (GF2)</i>	6:45pm-7:45pm Restorative Yoga <i>Carol A (GF1)</i>		
6:00pm-6:55pm AquaFit <i>Jeanne W (Lap Pool)</i>	5:35pm-6:35pm BODYPUMP (TM) Support In... <i>Lisa (GF2)</i>	6:00pm-7:00pm AquaFit <i>Kari B (Lap Pool)</i>	8:00pm-8:30pm Tone + Shred <i>Virtual C (GF1)</i>			
6:40pm-7:15pm Abs, Back, & Booty <i>Julie E (GF1)</i>	6:40pm-7:40pm Step - Level 2 <i>Megan O (GF1)</i>	6:40pm-7:40pm STRONG <i>Mandy F (GF 1)</i>				
6:45pm-7:30pm Tabata Toning <i>Lindsey (GF2)</i>	6:50pm-7:50pm Zumba ® <i>Lisa (GF2)</i>	6:50pm-7:50pm BODYPUMP (TM) <i>Lori (GF2)</i>				
	8:00pm-9:00pm Barre Fitness <i>Abby P (GF2)</i>	8:00pm-8:35pm Killer Abs <i>Virtual C (GF1)</i>				
	8:00pm-8:40pm Daily Burn 365 <i>Virtual C (GF1)</i>					