

# GROUP FITNESS

FALL 2015

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

## SUNDAY



8:00am-8:40am  
Kathleen  
Fit in 40



8:00am-8:50am  
Tyler  
Spinning & Strength



8:00am-8:40am  
Kathleen  
Fit in 40



8:00am-8:50am  
Tyler  
Spinning & Strength



8:00am-8:50am  
Sarah  
Spinning



6:00pm-6:50pm  
Lauren  
Spinning & Strength



12:00pm-12:50pm  
Polly  
Total-Body Tabata



12:30pm-1:20pm  
Sarah  
Barre



12:00pm-12:50pm  
Jessica  
Vinyasa Flow Yoga



12:30pm-1:20pm  
Sarah  
Barre



12:00pm-12:50pm  
Polly  
Total-Body Tabata



6:00pm-6:50pm  
Mary Beth  
Cardio Strength Intervals



5:00pm-5:50pm  
Betty  
Power Bar



4:00pm-4:50pm  
Mary Beth  
PgoX Live



5:00pm-5:50pm  
Betty  
Power Bar | CIWO



4:00pm-4:50pm  
Sophie  
Cardio Strength Intervals



2:00pm-2:50pm  
Danielle  
Piloxing



7:00pm-7:50pm  
Emily  
Core Fusion



6:00pm-6:50pm  
Noelle  
Bootcamp



5:00pm-5:50pm  
Jessica  
Vinyasa Flow Yoga



6:00pm-6:50pm  
Noelle  
Bootcamp



5:00pm-5:50pm  
Rachel  
Zumba | CIWO



3:00pm-3:50pm  
Lauren  
Turbo Kick



7:00pm-7:50pm  
Jessica  
Vinyasa Flow Yoga



6:00pm-6:50pm  
Alyssa  
Spinning



6:00pm-6:50pm  
Danielle  
Piloxing | CIWO



6:00pm-6:50pm  
Alyssa  
Spinning



6:00pm-6:50pm  
Danielle  
Piloxing



4:00pm-4:50pm  
Tyler  
Spinning & Strength



8:00pm-8:50pm  
Ellie  
Turbo Kick



7:00pm-7:50pm  
Ellie  
Cardio Hip Hop



6:00pm-6:50pm  
Sophie  
Cardio Strength Intervals



7:00pm-7:50pm  
Rachel  
Zumba



6:00pm-6:50pm  
Mary Beth  
PgoX Live

STUDIO B

STUDIO A



TOTAL BODY



MIND AND BODY



8:15pm-9:00pm  
Emily  
Core Fusion



7:00pm-7:50pm  
Ellie  
Turbo Kick



8:00pm-8:50pm  
Lauren  
Faith Fit



7:00pm-7:50pm  
Ellie  
Turbo Kick



CYCLING



STRENGTH/CORE



7:30pm-8:20pm  
Lauren  
Spinning



8:15pm-9:00pm  
Emily  
Core Fusion



7:30pm-8:20pm  
Lauren  
Spinning



DANCE

CIWO

CULTURALLY INCLUSIVE  
WOMEN'S ONLY



8:00pm-8:50pm  
Megan  
Ashtanga Yoga



8:00pm-8:50pm  
Megan  
Ashtanga Yoga

VALID SEPTEMBER 6TH THROUGH DECEMBER 11TH