



# GROUP EXERCISE SCHEDULES

STUDIO A						Starts May 1
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5-6 am	Total Body Strength <i>Rotating</i> 5:15-6 am		Power Flow Yoga <i>Sara</i> 5:15-6 am		Yoga Flow <i>Sara</i> 5:15-6 am	
6-8 am						
8-9 am			Active Older Adults <i>Tianna</i> 8:15-9 a		Active Older Adults <i>Kristy</i> 8:15-9 a	
9-10am	Low-Impact Cardio <i>Tania</i> 9:15-10 am	Total Body Strength <i>Shelly S</i> 9:15-10 am	Low-Impact Cardio <i>Tianna</i> 9:15-10 am	Total Body Strength <i>Anna</i> 9:15-10 am	Low-Impact Cardio <i>Tania</i> 9:15-10 am	20/20/20 <i>Rotating Instructors</i> 8:30-9:30am Studio A or B *HIIT/Strength /Core
10-11am	SilverSneakers <i>Margie</i> 10:15-11 am	SilverSneakers <i>Margie</i> 10:15-11 am		SilverSneakers <i>Margie</i> 10:15-11 am	Chair Flow <i>Margie</i> 10:15-11 am	Yoga Flow <i>Sara</i> 9:45-10:45 am
11-12pm		Chair Flow <i>Margie</i> 11:15-12pm		Chair Flow <i>Margie</i> 11:15-12pm		
12-2pm			Parkinson's Power <i>Aspirus/Marshfield</i> 12-12:50pm			
2-3pm		RESERVED FOR VA 2-3 pm				
3-4pm	RESERVED FOR VA 3-4 pm					
4-5pm						
5-6pm				Butts & Guts 5:30-6:15pm Erin		
6-7pm		Kickboxing 6-6:45pm <i>Allysia</i>				
7-8pm						

STUDIOS ARE OPEN FOR MEMBER ACCESS (11-12 with an adult) WHEN CLASSES ARE NOT IN SESSION

\*\* SUBJECT TO BE CLOSED DUE TO STAFF USE \*\*



# GROUP EXERCISE SCHEDULES

## STUDIO B

**Starts May 1**

*\*Cycling requires card pick up from the front desk, to reserve your spot*

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5-6am		*Cycling <i>Jen</i> 5:15-6 am		*Cycling <i>Jen</i> 5:15-6 am		
6-9am						20/20/20 <i>Rotating Instructors</i> 8:30-9:30am Studio A or B *HIIT/Strength/ Core
9-10am	HIIT 9:15am <i>Allysia</i>					
10-11am						
11a-6pm						
6-7pm	*Cycling/HIIT Combo <i>Erin</i> 6 - 6:45 pm		Total Body Strength <i>Shelley M</i> 6-6:45 pm			
7-8pm						

**STUDIOS ARE OPEN FOR MEMBER ACCESS (11-12 with an adult) WHEN CLASSES ARE NOT IN SESSION**

**\*\* SUBJECT TO BE CLOSED DUE TO STAFF USE \*\***