



GROUP EXERCISE SCHEDULES

STUDIO A						Starts July 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>Kristy</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>Jacob</i> 10:15-11 am	SilverSneakers <i>Margie</i> 10:15-11 am		SilverSneakers <i>Margie</i> 10:15-11 am		Yoga Flow <i>Terri</i> 9:45-10:30 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	B&G Club 3:30-4:30 pm	B&G Club 3:30 – 4:30pm	B&G Club 3:30 – 4:30pm	B&G Club 3:30 – 4:30pm	
4-5pm						
5-6pm				Butts & Guts 5:30-6:15pm <i>Erin</i>		
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 July 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						
11am-5:30pm						
6-7pm	*Cycle/HIIT <i>Erin</i> 6 – 6:45 pm		Total Body Strength <i>Shelley M</i> 5:45-6:30 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 ****