



Group Fitness Manager  
Shelli Sanzo  
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Studio 1					Effective July 1, 2018	
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Esther 5:45 - 6:45am	Dana 5:45 - 6:15am	Ellie 5:45 - 6:45am	Esther 5:45 - 6:45am	Mike 5:45 - 6:15am	Jessica 8:00-8:45am	
		STRENGTH & STABILITY Mary 8:00 - 9:00am		STRENGTH & STABILITY Mary 8:00 - 8:45am	Jessica 8:50-9:20am	Jackie 8:30-9:30am
Stasi 9:15 - 10:15am	Matt 9:15 - 10:00am	Matt 9:15 - 10:15am	Matt 9:30-10:30am	Stasi 9:15 - 10:15am	Beth/ Jen 9:30-10:30am	Teresa Y 9:35-10:35am
Vicki 10:20 - 11:20am	Matt 10:00-10:30am	Barb 10:20 - 11:20am		Barb 10:20 - 11:20am	Darbie/Mary/Shelli 10:45-11:45am	Jim 10:45-11:45am
STRENGTH & STABILITY Suzanne 11:30 - 12:30pm	BARRE FUSION Jenea 10:35-11:35am	Bev *begins July 18 11:30-12:30pm	Jill 12:00-1:00pm		Rikki / Dmitry 11:55-12:55pm	DanceFIT Hannah 12:00-12:45pm
	Beth/Jen 4:30-5:30pm	Vicki 4:30 - 5:30pm				
Jill 4:45 - 5:15pm	Teresa Y 5:30-6:15pm	Kha 5:35 - 6:35pm	Dana 6:00 - 6:30pm			
Teresa Y 5:35 - 6:35pm	Jessica 6:15- 6:45pm	Dmitry 6:45-7:45pm	Mary N 6:45 - 7:45pm	Jill Scott 5:35 - 6:35pm		
Rikki 6:45 - 7:45pm	Jessica 6:50 - 7:50pm					
Studio 2						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	Jen 5:45-6:45am					Esther 9:00-9:55am
Laura 9:15-10:15am	Kim C 9:15-10:15am	Laura 9:15-10:15am	Cindy 9:00 - 10:00am	Cindy 9:15-10:15am	Ellie 8:15 - 8:45am	Jenny/Kelly I 10:15-11:15am
ZUMBA TONING Jen See below* 10:20-11:20am	Kim C. 10:20-11:20am	Mariel 10:20-11:20am	Shannon 10:15- 11:15am	Cardio Jam Teresa 10:15-11:15am	Meredith C/Sara 9:00 - 10:00am	
	Darbie 11:30-12:00pm		BARRE FUSION Jenea 11:30-12:30pm	Darbie 11:30 - 12:00pm	Jenny/ Kelly I 10:05-11:00am	
See below Jill 6:00 - 6:30pm			Jenny 4:30-5:30pm		Karida 11:15-12:15pm	Stacie P. 3:30 - 4:30pm
Joyce 6:45- 7:45pm	Rikki 5:45- 6:30pm	Joyce 6:50-7:50pm	Karida 5:35- 6:35pm	Lucilene. 4:00-5:00pm		
Mariel 7:50-8:50pm	Hatha Yoga Jen R 6:45-7:45pm		CORE YOGA Kelly I 6:45-7:45pm			
SPINNING						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Nicole 5:45-6:45am	Lauren G. 5:45 - 6:45am	Carrie 5:45 - 6:45am	Lauren G. 5:45 - 6:45am	Carrie 5:45 - 6:45am		
Andi 9:30 - 10:15am	Mary M. 9:15 - 10:10am	Stasi / Shelley 9:15 - 10:10am	Shelley 9:15 - 10:10am	Matt 9:15 - 10:10am	Mary 9:00 - 9:55am	Jessica 9:35-10:25am
					Jim 10:30-11:30am	
Mike H 6:00 - 7:00pm		Jessica 6:00pm-6:55pm				
	Bev 5:30-6:15pm		Jim 6:30 - 7:30pm			

Information about July

No Classes from 4:30 on July 3rd and Special Schedule July 4th- see boards  
-- BodyFlow has moved from Thursday morning to Wednesday morning beginning July 18th

\*\* Last GRIT of the month on Mondays is cancelled for a private class

\*\* Zumba Toning with Jen on Mondays- please bring a set of 1-2 lb weights

\*\*instructor and class subject to change last minute due to emergencies, illness etc. We will try to get notification out if we can

CLASS DIFFICULTY CODES IN PARENTHESIS BELOW:  
1-BEGINNERS 2-MODERATE 3-ADVANCED 4-ALL LEVELS

**LES MILLS GRIT SERIES**

GRIT is for those who enjoy the mental and physical benefits that only HIIT can offer.

30-minutes of intense challenge

Explosive music that will drive your workout harder than ever before  
Certified coaches who give you one-on-one attention and motivation

\*Fee based Small Group Training **3**

**BODYATTACK**

The sports inspired cardio workout for building strength and stamina. This high energy interval training class combines athletic movements with strength and stabilization exercises and can be done high impact or low. Blast fat, tone the entire body, and have fun! BodyAttack Lite will show low impact options. **2-3**

**BODYPUMP**

The most successful group exercise program in history, BODYPUMP is the original barbell class that strengthens your entire body. Great music, challenging exercises, and your choice of weight inspire you to get the results you came for -- and fast! **4**

**LES MILLS CXWORX**

This program hones in on the torso and sling muscles that connect your upper body to your lower body. It's ideal for tightening your tummy and butt, as well as improving functional strength and assisting in injury prevention. **4**

**LES MILLS BODYCOMBAT**

You'll punch and kick your way to fitness, burning up to 740 calories\* along the way. This high-energy martial-arts inspired workout is totally non-contact and there are no complex moves to master. **4**

**LES MILLS BODYFLOW**

Ideal for anyone and everyone. It is a yoga based class that will improve your mind, body and life. An inspired soundtrack leads you through yoga moves and embraces elements of Tai chi and Pilates **1-3**

**gentle Yoga**

This class is designed for those who are new to yoga or those desiring a more moderate approach to practice. Participants will work with gentle but deep stretches, basic postures, breath awareness and relaxation for a more balanced and energized body. **1**

**IRON GYM**

This intense program features dynamic cardio drills, dumbbells, risers, and many more tools for intense intervals that torch fat and crush calories. Turn up the heat on your workout and feel the BURN!!! **2-3**

**INTEGRATIVE YOGA**

This is a Hatha (gentle) style of yoga. It brings a focused approach to integrate the Mind, Body and Spirit to form a stronger, yet more peaceful, sense of self. Come with an open mind and heart to embrace ways of living fuller. Ideal for beginners, as well as, those seasoned in their practice. Sessions often include sun and moon salutations. Yoga balls are used the last Sunday of every month.

**metafit**  
BODYWEIGHT TRAINING

Metafit is a 30-minute, bodyweight-only, non-choreographed, high-intensity interval training (HIIT) workout. The program was created over a decade ago by a Royal Marine Commando in a bid to make HIIT more efficient and effective. It combines the latest HIIT training techniques with traditional 'old school' bodyweight exercises to set the metabolism on fire!

**LES MILLS RPM**

is a group indoor cycling workout where you control the intensity. High Intensity interval training set to music and you can burn up to 675 calories a session.

-4

**P.H.I.T.**

This metabolic conditioning class combines cardio kickboxing, rope jumping, tabatas, and strength training! A combination of challenging punch and kick intervals and strength exercises using a variety of equipment are included. **2-3**

**Pilates**

This systematic series of core strengthening and lengthening exercises is based on the work of Joseph Pilates. Class format invites participants of all levels to improve posture, flexibility, and mind/body awareness. **1-2**

**POWER YOGA**

Nourish your mind, body, and spirit in an invigorating workout. Poses (asanas) are sequenced together and linked with the breath to create a flow of exercise. Increase strength, improve flexibility, reduce stress and bring balance to your life with this challenging class. Previous yoga experience is recommended. **2-3**

**SPINNING**

Spinning is an indoor cycling workout which allows participants to experience the mind/body connection that is the foundation of obtaining complete health and fitness. Whether beginner or skilled athlete, participants can tailor the workout to best suit their individual fitness levels. **4**

**STEP BLAST**

This Classic, high intensity class uses easy to follow choreography that pushes your fat burning systems into high gear! The variety of moves, fast pace, and smooth transitions make this a class you won't want to miss.

**BARRE FUSION:** Full Body Workout that fuses yoga, pilates, dance and isometric movements using high repetitions and low weight or body weight. Sculpt muscles as you focus on arms, lower body and core work; alternating with cardio bursts to elevate your heart rate. Feel the burn as you stretch out and tone up with fun, energizing music. No dance experience required **4**

**Vinyasa Yoga**

Vinyasa Flow incorporates fluid movement with deep, rhythmic breathing. Linking movement with breath enhances the health benefits of each pose achieving greater muscular strength and tone, increased flexibility, and improved circulation as well as creating a more focused, calm and meditative state of awareness. **2**

**ZUMBA**

A feel "happy" workout that is fun and easy to do. Routines feature interval training where fast and slow rhythms and resistance training are combined to shape your body while burning fat. Add some Latin flavor, exhilarating music, and international zest into the mix and you've got ZUMBA! **4**

**Hatha Yoga**--The class uses body weight to emphasize mobility, strength and balance. We target all of the major muscles in each class and explain how the poses help the body and how to get the most benefit from each pose. **4**