

# GROUP FITNESS SCHEDULE

## MONDAY

6:30AM - 7:30AM BODY PUMP WITH TRINA FRASER

8:30AM - 9:30AM CARDIO DANCE WITH AMANDA WILSON

10:00AM - 11:00AM PILATES MAT WITH ZOE MORRIS

11:15AM - 12:15PM BODY PUMP WITH NICOLE KASHINO

12:30PM - 1:30PM POWER BARRE WITH SARAH MILES

4:30PM - 5:30PM MAT PILATES

5:30PM - 6:30PM POWER BARRE WITH ANNIE COOK

## TUESDAY

8:30AM - 9:30AM POWER BARRE WITH HAYLEY HENDERSON

10:00AM - 11:00AM BODY PUMP WITH NICOLE KASHINO

11:30AM - 12:15PM MAT PILATES WITH ERIN FINNEGAN

12:30PM - 1:30PM HARD CORE CONDITIONING WITH YVETTE HUBBARD

5:30PM - 6:30PM BODY PUMP WITH NICOLE KASHINO

## WEDNESDAY

6:30AM - 7:30AM TONE & FLOW WITH SARAH WHITE

8:30AM - 9:30AM CARDIO DANCE WITH AMANDA WILSON

10:00AM - 11:00AM MAT PILATES WITH MARGIE COOPER

11:15AM - 12:15PM BODY PUMP WITH TRINA FRASER

12:30PM - 1:30PM POWER BARRE WITH SARAH MILES

# GROUP FITNESS SCHEDULE

## THURSDAY

8:30AM - 9:30AM POWER BARRE WITH CASEY HANRAHAN

10:00AM - 11:00AM BODY PUMP WITH NICOLE KASHINO

11:30AM - 12:15PM MAT PILATES WITH ZOE MORRIS

5:30PM - 6:30PM POWER BARRE WITH HAYLEY HENDERSON

## FRIDAY

6:30AM - 7:30AM THERAPEUTIC STRETCH WITH CARLY BELLE

8:30AM - 9:30AM STEP WITH ROTATING INSTRUCTOR

10:00AM - 11:00AM MAT PILATES WITH MARGIE COOPER

11:15AM - 12:15PM BODY PUMP WITH TRINA FRASER

12:30PM - 1:30PM POWER BARRE WITH ERIN FINNEGAN

2:00PM - 3:00PM PARKINSONS EXERCISE WITH JEN HUBBARD

## SATURDAY

7:30AM - 8:30AM BODY PUMP WITH ROTATING INSTRUCTOR

9:00AM - 10:00AM MAT PILATES WITH ANDREA VAN OSTENBRIDGE

10:30AM - 11:30AM BODY PUMP WITH ROTATING INSTRUCTOR

## SUNDAY

10:00AM - 11:00AM BARRE WITH ROTATING INSTRUCTOR