

GROUP FITNESS SCHEDULE

MONDAY

6:30AM - 7:30AM	BODY PUMP WITH TRINA FRASER
8:30AM - 9:30AM	CARDIO DANCE WITH NATALIA IRVINE
10:00AM - 11:00AM	PILATES MAT WITH JONNA WINGER
11:15AM - 12:15PM	BODY PUMP WITH NICOLE KASHINO
12:30PM - 1:30PM	POWER BARRE WITH SARAH MILES
4:30PM - 5:30PM	MAT PILATES WITH SUSAN SHEPHARD

TUESDAY

6:15AM - 7:00AM	BODY SCULPT WITH ANNIE COOK
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	SCULPT & FLOW WITH SARAH WHITE
8:30AM - 9:30AM	CARDIO DANCE WITH AMANDA WILSON
10:00AM - 11:00AM	MAT PILATES WITH ROTATING INSTRUCTOR
11:15AM - 12:15PM	FUNCTIONAL FITNESS WITH JULIE SHOEMAKER
12:30PM - 1:30PM	POWER BARRE WITH SARAH MILES
5:30PM - 6:30PM	PILATES MAT WITH HAYLEY HENDERSON

GROUP FITNESS SCHEDULE

THURSDAY

6:15AM - 7:00AM	BODY SCULPT WITH ANNIE COOK
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 SUSAN SHEPHARD
4:30PM - 5:30PM	PILATES MAT WITH MARGIE COOPER
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 ROTATING INSTRUCTOR
11:30AM - 12:30PM	BODY SCULPT WITH JULIE SHOEMAKER
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 INGRID PETERSON
10:30AM - 11:30AM	BODY PUMP WITH ROTATING INSTRUCTOR

SUNDAY

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