



# SUMMER GROUP EXERCISE

6/26/17-9/2/17

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## STUDIO II

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30-7:30am Open Gym	5:30-8:00am Open Gym	5:30-8:00am Open Gym	5:30-8:00am Open Gym	5:30-8:00am Open Gym	7:00-8:00am Open Gym	
7:30-8:25 Into to Yoga Renee P	8:00-9:00am Summer Camp	8:00-8:55am Pilates Suzy	8:00-9:00am Summer Camp	8:00-9:00am Summer Camp	8:00-8:55am Power Yoga Anne	
9:00-9:55am Stability and Balance Kathryn	9:30-10:25am Yoga 1 Renee P	9:30-10:25am Zumba Gold® Nicole	9:30-10:25am Stability and Balance Kathy	9:30-10:25am Yoga 1 Staff	9:00-9:55am Yoga Anne	9:15-10:15am Gentle Yoga Mimi
10:00-6:00pm Summer Camp	10:30-11:25am Gentle Yoga Renee P	10:30-6:30pm Summer Camp	10:30-11:25am Gentle Yoga Mimi	10:30-6:30pm Summer Camp	10:00-12:30pm Youth League \$	10:30-11:25am Power Vinyasa Yoga Mimi
	11:30-6:30pm Summer Camp		11:30-6:00pm Summer Camp		10:00am-8:00pm Open Gym#	2:30pm-7:00pm Open Gym#
	6:30-7:25pm Pilates Mat Nekea		6:30-7:30pm Power Yoga Dana		Highlighted classes = New or Changed Group Exercise Program  \$Paid Program  *Friday Night Kids Club  #Birthday Parties may occupy the gym (see front desk for schedule)	
7:35-8:30pm Zumba® Essie	7:00-7:55pm Vinyasa Yoga Renee M					
8:00-10:00pm Open Gym	8:00pm-10:00pm Open Gym	8:15-10:00pm Open Gym	7:30-10:00pm Open Gym	6:30-10:00pm* Open Gym		

For the most up-to-date schedule, search on-line: <https://www.groupepro.com/schedule/417>



# SPRING II GROUP EXERCISE

6/26/17-9/02/17

FOR YOUTH DEVELOPMENT®  
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FOR SOCIAL RESPONSIBILITY

## STUDIO I

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00-6:55am H.E.A.T. Nekea	6:00-6:55am Body Sculpt Nancy	5:45-6:15am H.E.A.T. Falisa	6:00-6:30am GRIT® Shanedda	6:00-6:55am Body Sculpt Nancy		
	8:30-9:25am SilverSneakers® Cardio Fit Nicole	8:30-9:25am SilverSneakers Classic® Nicole	8:30-9:25am SilverSneakers Cardio Fit® Nicole	8:30-9:25am SilverSneakers Circuit® Nicole	7:45-8:45am BODYPUMP™ Mel	
8:30-9:25am SilverSneakers Classic® Nicole	9:30-11:00am Step@Abs Jo-Ann	9:30-10:30am BODYPUMP® Suzy	9:30-10:25am Cardio Dance Pat	9:30-10:25am Zumba® Nicole	9:00-9:55am Cardio Kickboxing Latoya	9:00-10:15am Youth Ballet Classes (\$)
9:30-10:25am Zumba® Nicole	11:00-11:30am Fusion Tracy	10:45-11:15am Body Sculpt Brian	11:00-11:25am Fusion Tracy	10:30-11:30am BODYPUMP™ Nicole	10:00-10:55am Step Jo-Ann/Barry	10:30-11:25am Step Circuit Heather
10:30-11:30am BODYPUMP™ Nicole	1:00-1:55pm Tai Chi Jeff	12:30-1:25pm Tai Chi™ Randy	11:30-12:25pm SilverSneakers Classic® Tejah	11:30-5:30pm Summer Camp	11am-12pm BODYPUMP™ Robin	5:30-6:15pm Core Power Nancy
11:30-5:25pm Summer Camp	11:30-5:25pm Summer Camp	11:30-5:25pm Summer Camp	1:30-2:25pm Tai Chi™ Jeff		12:05-1:00pm Zumba Melizza/Latoya	
5:30-6:30pm BODYPUMP™ Nekea	5:30-6:25pm BODYFLOW™ Nekea	5:30-6:30pm BODYPUMP™ Anne	5:30-6:15pm H.E.A.T. Jessica			
6:35-7:30pm Step Barry	6:30-7:30pm BODYPUMP™ Shanedda	6:35-7:30pm Zumba® Essie	6:30-7:30pm BODYPUMP™ Tamar			
7:35-8:30pm GRIT® Shanedda	7:35-8:30pm Zumba Latoya/Melizza	7:35-8:30pm BODYCOMBAT® Shanedda	7:35-8:30pm Zumba Latoya/Melizza			

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**Highlight Classes: NEW OR CHANGED**



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## CYCLING STUDIO

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00-6:55am All Terrain Cycle Manny	6:00-6:55am All Terrain Cycle Guy	6:00-6:55am All Terrain Cycle Guy	6:00-6:55am Power, Strength and Speed Cycle Nekea		9:00-9:55am Power, Strength and Speed Cycle Nancy	
10:15-11:15am Power Strength and Speed Cycle Tracy	10:15-11:30am Cycle Fusion (Fusion-Studio II) Tracy		10:15-11:25am Cycle Fusion (Fusion-Studio II) Tracy		10:15-11:10am Power, Strength and Speed Cycle Ingrid	11:00-11:55am Power, Strength and Speed Cycle Manny/Ingrid
		12:00-12:45pm Power, Strength and Speed Cycle Megan		12:00-12:45pm All Terrain Cycle Megan		
6:30-7:30pm Cycle Fusion Megan		6:30-7:30pm Cycle Fusion John	6:30-7:25pm Power, Strength and Speed Cycle Nancy			4:30-5:25pm Power, Strength and Speed Cycle Nancy

## CYCLE CLASS DESCRIPTIONS

**All Terrain Cycle:** This technical cycling class will help you develop expertise in techniques (e.g. cadence, hill climbing, intervals, flats) with challenging workouts carefully designed to run over 12-16 week segments.

**Cycle Fusion:** Incorporates a cycle class followed but either resistance training or core exercises.

**Power, Strength, and Speed Cycle:** Take on the terrain through hills, flat roads, mountain peaks, time trials and interval training. Discover your inner athlete as you sweat and burn calories to reach your endorphin high.

**\$\$\$-** indicate a fee based class

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**Highlighted classes: NEW OR CHANGED**