

WINTER 2023 FITNESS CLASS SCHEDULE

SCHEDULE RUNS JANUARY 9 - MARCH 24, 2023

: Fee Required : No Fee Required

STUDIO 1

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---|---|--|---|---------------------------------------|--------------------------------------|--------------------------------------|
| | Breakaway 6:45-7:30 AM Barb L. | | Breakaway 6:45-7:30 AM Cindy B. | Breakaway 6:45-7:30 AM Van M. | | |
| Breakaway 9:15-10 AM Kaaren A. | Breakaway 9:15-10 AM Abby M. | Breakaway 9:15-10 AM Christiane S. | | Breakaway 9:15-10 AM Karen A. | Breakaway 10:15-11 AM Rotation | Breakaway 10:15-11 AM Rotation |
| | Breakaway 11:15 AM-12 PM Larry N. | Breakaway 12:15-1 PM Cindy B. | Breakaway 11:15 AM-12 PM Cindy B. | | | |
| Breakaway 4:30-5:15 PM Stephanie A. | Breakaway 4:30-5:15 PM Ellie Z. | | Breakaway 4:30-5:15 PM Gina T. | Breakaway 4:30-5:15 PM Maija S. | | |
| Breakaway 6:15-7 PM Maija S. | Breakaway 6:15-7 PM Gina T. | Breakaway 6:15-7 PM Maija S. | Breakaway 6:15-7 PM Ellie Z. | | | |

STUDIO 2

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---|--|--|---|---|--|--|
| | Barre Connect 8:10-8:55 AM Christiane S. | | | | | |
| Hatha Yoga 8:45-9:45 AM Aya S. | Hatha Yoga 9:10-10:10 AM Lynn M. | Yin Yoga 8:45-9:45 AM Luna S. | Vinyasa Flow 9:10-10:10 AM Lynn M. | Fusion Pilates 9:10-9:55 AM Sophie R. | | |
| Barre 10:30-11:15 AM Doriana P. | Fusion Pilates 10:30-11:15 AM Doriana P. | Barre Connect 10:30-11:15 AM Christiane S. | Fusion Pilates 10:30-11:15 AM Madi H. | Barre 10:30-11:15 AM Karen A. | Yoga Flow 11:15 AM-12:15 PM Rotation | Yoga Flow 11:15 AM-12:15 PM Rotation |
| Hatha Yoga 12:10-1:10 PM Richard M. | Power Flow 12:10-1:10 PM Victoria K. | Vinyasa Flow 12:10-1:10 PM Victoria K. | Hatha Yoga 12:10-1:10 PM Richard M. | Hatha Yoga 12:10-1:10 PM Richard M. | | |
| Fusion Pilates 4:15-5 PM Sophie R. | TRX 4:10-5 PM Lisa G. | Power Flow 4:10-5:10 PM Liz C. | TRX 4:10-5 PM Lisa G. | | | |
| Vinyasa Flow 5:15-6:15 PM Liz C. | Vinyasa Flow 6:15-7:15 PM Hanna A. | Barre Connect 5:30-6:15 PM Lea B. | | Vinyasa Flow 5:15-6:15 PM Liz C. | | |
| Salsa/Bachata 6:30-7:30 PM Horacio H. | Sculpt Yoga 7:30-8:30 PM Alex G. | Salsa/Bachata 6:30-7:30 PM Horacio H. | Sculpt Yoga 7:30-8:30 PM Alex G. | | | |

STUDIO 3

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---|---|---|--|---|----------------------------------|--------|
| | | H.I.I.T. 9:10-9:55 AM Holland G. | | H.I.I.T. 9:10-9:55 AM Holland G. | Body Pump 9-10 AM Rotation | |
| Body Pump 12:15-1:15 PM Doriana P. | H.I.I.T. 12:15-1 PM Cindy B. | Body Pump 12:15-1:15 PM Doriana P. | Body Pump 12:15-1:15 PM Cindy B. | Body Pump 12:15-1:15 PM Christiane S. | | |
| 6-Pack Abs 1:30-2 PM Doriana P. | | 6-Pack Abs 1:30-2 PM Doriana P. | | 6-Pack Abs 1:30-2 PM Christiane S. | | |
| H.I.I.T. 4:15-5 PM Cindy B. | Body Pump 4:15-5:15 PM Stephanie A. | Body Pump 4:15-5:15 PM Christiane S. | H.I.I.T. 4:15-5 PM Abby M. | | | |
| Contemporary Jazz 5:15-6:15 PM Leah S. | | High Fitness 5:30-6:15 PM Bailey V. | | | | |
| Hip Hop + Heels 6:30-7:30 PM Emily S. | Zumba 6:15-7:15 PM Danya N. | Contemporary Jazz 6:30-7:30 PM Leah S. | | | | |

MAT ROOM

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|--|--|--|--|--------|----------|--------|
| Krav Maga 12:10-1:10 PM Neffertti S. | | Krav Maga 12:10-1:10 PM Neffertti S. | | | | |
| Shorin Ryu Karate 6:45-7:45 PM Lance G. | Kickboxing 6:45-7:45 PM Neffertti S. | Shorin Ryu Karate 6:45-7:45 PM Lance G. | Kickboxing 6:45-7:45 PM Neffertti S. | | | |

LAP POOL

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|------------------------------------|--|------------------------------------|--|------------------------------------|----------|--------|
| Masters Swim 7-8 AM Rotation | Intermediate Swim 7-8 AM Rotation | Masters Swim 7-8 AM Rotation | Intermediate Swim 7-8 AM Rotation | Masters Swim 7-8 AM Rotation | | |