

One Nineteen

Fitness

JULY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

STUDIO ONE

BODYPUMP

Karen

8:30-9:30 a.m.

**Straight Up
Strength**

Brenda

8:30-9:15 a.m.

BODYPUMP

Kristen

8:30-9:30 a.m.

**Straight Up
Strength**

Kim H.

8:30-9:15 a.m.

**Straight Up
Strength**

Peggy

8:30-9:15 a.m.

**BODYPUMP or
Strength
(Roating
weeks)**

8:30-9:30 a.m.

**Cardio/Cut
Kim H.**

9:45-10:30 a.m.

**Total Core
Lynna**

9:30-10 a.m.

**Cardio/Cut
Kim H.**

9:45-10:30 a.m.

**Straight Up
Strength**

Lynna

10:15-11 a.m.

C.A.R.E.

Michael

11-11:45 a.m.

C.A.R.E.

Brenda

11-11:45 a.m.

C.A.R.E.

Michael

11-11:45 a.m.

**Strength and
Stretch**

Kristen

4:30-5:15 p.m.

**Strength and
Stretch**

Kelly

4:30-5:15 p.m.

BODYPUMP

Kristen

5:30-6:15 p.m.

HIIT

Brenda

5:30-6:30 p.m.

BODYPUMP

Kristen

5:30-6:15 p.m.

STUDIO TWO

Stretch

Tricia

9-9:45 a.m.

Stretch

Tricia

9-9:45 a.m.

Stretch

Tricia

9-9:45 a.m.

Yoga

Marina

10-10:45 a.m.

Yoga

Marina

10-10:45 a.m.

Yoga

Marina

10-10:45 a.m.

Yoga

**Yoga/Pilates
Fusion**

**Yoga/Pilates
Fusion**

Michael 5:30-6:15 p.m.	Kelly 5:30-6:30 p.m.		Kelly 5:30-6:30 p.m.		
SPINNING STUDIO					
		Spinning Shane 5:30-6:15 a.m.		Spinning Michael 5:30-6:15 a.m.	
	Spinning Kim H. 9:30-10:15 a.m.	Spinning Kristen 9:30-10:15 a.m.		Spinning Karen 9:30-10:00 a.m.	Spinning Rotating 9:30-10:15 a.m.
Spinning Michael 4:30-5:15 p.m.	Spinning Kelly 4:30-5:15 p.m.		Spinning Kristen 4:30-5:15 p.m.		
OPEN STUDIO					
Sunrise Stretch Brenda - Sisters Garden 7:15-7:30 a.m.	Sunrise Stretch Brenda - Sisters Garden 7:15-7:30 a.m.		Sunrise Stretch Brenda - Sisters Garden 7:15-7:30 a.m.		
Cardio and Core Brenda 8:30-9:15 a.m.				TONE Jo-Ann 9-9:45 a.m.	
SAIL Alesia 10-10:45 a.m.		SAIL Alesia 10-10:45 a.m.		SAIL Jo-Ann 10-10:45 a.m.	
			HOOP Ann 3:30-4:30 p.m.		
GYMNASIUM					
	Triple Threat Damian 5:30-6:15 a.m.		Triple Threat Damian 5:30-6:15 a.m.		
		TRX/Circuit Damian 8:45-9:30 a.m.	Bootcamp Damian 9:15-10 a.m.		HIIT Rotating 9-9:45 a.m.
	TRX Seniors Willie 11:15 - Noon		TRX Seniors Willie 11:15 - Noon	Modern Line Dancing Willie 11:15 - Noon	

Bootcamp	Modern Line Dancing		Bootcamp		
Peggy	Willie		Willie		
5:30-6:15 p.m.	5:30-6:15 p.m.		5:30-6:15 p.m.		
AQUATIC CENTER					
In Too Deep		In Too Deep			
Jo-Ann		Jo-Ann			
7-7:30 a.m.		7-7:30 a.m.			
Flex & Tone		Flex & Tone		Cardio & Strength	
Jo-Ann		Jo-Ann		Jo-Ann	
7:30-8:15 a.m.		7:30-8:15 a.m.		7:30-8:15 a.m.	
Flex & Tone		Flex & Tone			
Jo-Ann		Jo-Ann			
8:45-9:30 a.m.		8:45-9:30 a.m.			
Gentle Aqua Therapy Pool		Gentle Aqua Therapy Pool			
Jo-Ann		Jo-Ann			
10-10:45 a.m.		10-10:45 a.m.			
	Cardio & Strength		Cardio & Strength		
	Jo-Ann		Jo-Ann		
	4:30-5:15 p.m.		4:30-5:15 p.m.		
	Deeper Core		Deeper Core		
	Jo-Ann		Jo-Ann		
	5:15-5:45 p.m.		5:15-5:45 p.m.		