

One Nineteen

Fitness

August

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 (Rotating 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 Kelly 4:30-5:15 p.m.		Strength and Stretch Kelly 4:30-5:15 p.m.		
	REV & FLOW Alesia	HIIT Brenda	Straight Up Strength Alesia		

	5:30-6:15 p.m.	5:30-6:30 p.m.	5:30-6:15 p.m.		
STUDIO TWO					
Stretch		Stretch		Stretch	
Tricia		Tricia		Tricia	
9-9:45 a.m.		9-9:45 a.m.		9-9:45 a.m.	
Yoga	BODYBALANCE	Yoga		Yoga	
Marina	Lauralee	Marina		Marina	
10-10:45 a.m.	10:15-11:00 a.m.	10-10:45 a.m.		10-10:45 a.m.	
Yoga	Yoga/Pilates Fusion		Yoga/Pilates Fusion		
Michael	Kelly		Kelly		
5:30-6:15 p.m.	5:30-6:30 p.m.		5:30-6:30 p.m.		
SPINNING STUDIO					
		Spinning		Spinning	
		Shane		Michael	
		5:30-6:15 a.m.		5:30-6:15 a.m.	
	Spinning	Spinning		Spinning	Spinning
	Kim H.	Kristen		Karen	Rotating Instr.
	9:30-10:15 a.m.	9:30-10:15 a.m.		9:30-10:00 a.m.	9:30-10:15 a.m.
Spinning	Spinning		Spinning		
Michael	Brenda		Shane		
4:30-5:15 p.m.	4:30-5:15 p.m.		4:30-5:15 p.m.		
OPEN STUDIO					
Sunrise Stretch	Sunrise Stretch		Sunrise Stretch		

Brenda - Sisters Garden 7:15-7:30 a.m.	Brenda - Sisters Garden 7:15-7:30 a.m.		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/Tricia 10-10:45 a.m.		SAIL Alesia 11-11:45 a.m.		SAIL Jo-Ann 10-10:45 a.m.	
			HOOP Ann 3:30-4:15 p.m.		
	Chair Yoga Alesia 4:30-5:15 p.m.		Chair Yoga Alesia 4:30-5:15 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 5:30-6:15 p.m.	Willie 5:30-6:15 p.m.		Willie 5:30-6:15 p.m.		
AQUATIC CENTER					
In Too Deep Jo-Ann 7-7:30 a.m.		In Too Deep Jo-Ann 7-7:30 a.m.			
Flex & Tone Jo-Ann 7:30-8:15 a.m.		Flex & Tone Jo-Ann 7:30-8:15 a.m.		Cardio & Strength Jo-Ann 7:30-8:15 a.m.	
Flex & Tone Jo-Ann 8:45-9:30 a.m.		Flex & Tone Jo-Ann 8:45-9:30 a.m.			
Gentle Aqua Therapy Pool Jo-Ann 10-10:45 a.m.		Gentle Aqua Therapy Pool Jo-Ann 10-10:45 a.m.		Gentle Aqua Therapy Pool Kim K. 10-10:45 a.m.	
	Cardio & Strength Jo-Ann 4:30-5:15 p.m.		Cardio & Strength Jo-Ann 4:30-5:15 p.m.		
	Deeper Core Jo-Ann 5:15-5:45 p.m.		Deeper Core Jo-Ann 5:15-5:45 p.m.		