

One Nineteen

Fitness

September

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.	
	Strengthen and Stretch Kelly 4:30-5:15 p.m.		Strengthen and Stretch Kelly 4:30-5:15 p.m.		
	REV & FLOW Alesia 5:30-6:15 p.m.	HIIT Brenda 5:30-6:30 p.m.	Straight Up Strength Alesia 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.	BODYBALANCE Lauralee 10:15-11:00 a.m.	Yoga Marina 10-10:45 a.m.	BODYBALANCE Lauralee 10:15-11:00 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 Instr. 9:30-10:15 a.m.
Spinning Michael 4:30-5:15 p.m.	Spinning Brenda 4:30-5:15 p.m.		Spinning Shane 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 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	Bootcamp		HIIT

		Damian	Damian		Rotating Instr.
		8:45-9:30 a.m.	9:15-10 a.m.		9-9:45 a.m.
	TRX Seniors		TRX Seniors	Modern Line Dancing	
	Willie		Willie	Willie	
	11:15 - Noon		11:15 - Noon	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		Gentle Aqua Therapy Pool	
Jo-Ann		Jo-Ann		Kim K.	
10-10:45 a.m.		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.		