One Nineteen Fitness

October

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.		
	Straight Up Strength Alesia/Cookie	HIIT Brenda			

	5:30-6:15 p.m.	5:30-6:30 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 Michael 5:30-6:15 p.m.	Yoga/Pilates Fusion Kelly 5:30-6:30 p.m.		Yoga/Pilates Fusion 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	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 Tricia 10-10:45 a.m.		SAIL Alesia/Cookie 11-11:45 a.m.		SAIL Jo-Ann 10-10:45 a.m.	
			HOOP Ann 3:30-4:15 p.m.		
	Chair Yoga Alesia/Cathy 4:30-5:15 p.m.		Chair Yoga Alesia/Kim K. 4:30-5:15 p.m.		
GYMNASIUM					
Straight Up Strength Brenda 5:30-6:15 a.m.	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 Instr. 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 Peggy 5:30-6:15 p.m.	Modern Line Dancing Willie 5:30-6:15 p.m.		Bootcamp 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 8:45-9:30 a.m.		Flex & Tone Jo-Ann 7:30-8:15 a.m. Flex & Tone Jo-Ann 8:45-9:30 a.m.		Cardio & Strength Jo-Ann 7:30-8:15 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. Deeper Core Jo-Ann 5:15-5:45 p.m.		Cardio & Strength Jo-Ann 4:30-5:15 p.m. Deeper Core Jo-Ann 5:15-5:45 p.m.		