



Group Exercise Schedule - Family Center LATE FALL 2017 (11/20/17-1/28/18)

Members 16 years+ may participate in Group Exercise classes.

Group Ex schedule changes are announced via Group Ex Member Hub alert system.

**Pre-registration is encouraged by phone or in person.

(F) Family Friendly classes: open to 12 years+ including 7th Grade Initiative members.

Monday	Class	Instructor	Location
6:00 AM-6:55 AM	Barre Intensity	Jeanne	Mind/Body Studio
6:00 AM-6:55 AM	Indoor Cycling**	Nicole L.	Cycle Room
6:00 AM-6:55 AM	BODYPUMP™	Jenny L	Rec Room
8:30 AM-9:25 AM	Indoor Cycling	AnnMarie B.	Cycle Room
9:00 AM-9:55 AM	Cardio Jam	Mari R.	Multi Room 3
9:00 AM-9:55 AM	Pilates	Patti F.	Buttenheim
9:00 AM-10:15 AM	Joy Dance Aerobics	Elizabeth V.	Multi Room 4
9:15 AM-10:10 AM	Body Sculpt	Kelly D.	Rec Room
9:30 AM-10:25 AM	Indoor Cycling**	Carey A.	Cycle Room
10:00 AM-10:55 AM	Yoga - (Gentle)	Susan S.	Buttenheim
10:00 AM-10:45 AM	Aqua Interval (F)	Patti G.	Pool
10:15 AM-10:45 AM	GRIT™ Strength	Kelly D	Rec Room
10:30 AM-11:25 AM	General Conditioning	Cora T.	Multi Room 4
10:45 AM-11:25 AM	Water Works	Patti G.	Pool
10:50 AM-11:20 AM	CXWORX™	Kelly D	Rec Room
11:00 AM-11:55 AM	Senior Fitness	Gabi H.	Buttenheim
12:15 PM-12:45 PM	Interval Circuit Training (F)	Cheryl	Multi Room 4
12:30 PM-1:30 PM	Enhance®Fitness	Gabi H.	Buttenheim
1:30 PM-2:30 PM	Delay the Disease™	Patti F.	Rec Room
5:30 PM-6:30 PM	Yoga	Maryanne M.	Buttenheim
6:00 PM-6:55 PM	BODYPUMP™	Raquel R.	Rec Room
6:30 PM-7:00 PM	Barre Sculpt	Peggy P	Mind/Body Studio
7:00 PM-7:55 PM	Yoga (F)	Debbie M-G.	Buttenheim
7:10 PM-8:05 PM	Zumba® (F)	Cathie G.	Rec Room
6:00 PM-6:45 PM	RPM™ (F)	Rebecca	Cycle Room
Tuesday	Class	Instructor	Location
6:00 AM-6:55 AM	Interval Training	Nicole L.	Rec Room
6:00 AM-6:55 AM	Indoor Cycling **	Nikki R	Cycle Room
7:15 AM-7:45 AM	SPRINT™ (F)	Nikki R	Cycle Room
8:30 AM-9:25 AM	Indoor Cycling**	Sam P.	Cycle Room
8:30 AM-9:25 AM	Hatha Yoga	Louise B.	Buttenheim
9:30 AM-10:25 AM	Hatha Yoga	Louise B.	Buttenheim
9:00 AM-9:55 AM	Zumba® (F)	Carlos A.	Rec Room
9:15 AM-10:10 AM	BODYCOMBAT™	Marely	Multi Room 4
9:30 AM-10:00 AM	SPRINT™ (F)	Nikki R	Cycle Room
10:00-10:55 AM	4 Ever Fit	Donna Sue D.	Rec Room
10:15 AM-10:45 AM	CXWORX™	Marely C-B.	Multi Room 4
10:30 AM-11:25 AM	Barre with a Yoga Focus	Marcie C.	Mind/Body Studio
12:15 PM-12:45 PM	SPRINT™ (F)	Nikki R	Cycle Room

1:00 PM-1:45 PM	Zumba GOLD®	Ikuyo K.	Buttenheim
2:00 PM-2:55 PM	Yoga	Debbie M-G.	Buttenheim
6:00 PM-6:55 PM	Indoor Cycling**	Chrissy O.	Cycle Room
7:10 PM -8:05 PM	Pilates	Raquel R.	Buttenheim
7:10 PM-8:05 PM	Zumba TONING® (F)	Donna S.	Rec Room
7:15 PM-8:15 PM	Cycle and Sculpt	Cheryl	Cycle Room/Multi Room 4

Wednesday	Class	Instructor	Location
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5:45 AM-6:40 AM	Tabata Bootcamp	Lauren T.	Rec Room
6:00 AM-6:55 AM	Indoor Cycling**	Jeanne H.	Cycle Room
8:15 AM-9:10 AM	Yoga Fusion	Sandy M-C.	Buttenheim
8:30 AM-9:25 AM	Indoor Cycling**	Rachel R.	Cycle Room
9:00 AM-10:15 AM	Joy Dance Aerobics	Elizabeth V.	Multi Room 4
9:15 AM-10:10 AM	BODYPUMP™	Cora T.	Rec Room
9:30 AM-10:25 AM	Indoor Cycling**	Carey A.	Cycle Room
10:00 AM-10:45 AM	Aqua Fit (F)	Gabi H.	Pool
10:30 AM-11:25 AM	General Conditioning	Cora T.	Multi Room 4
10:45 AM-11:25 AM	Aqua Hi/Lo (F)	Marie-France	Pool
11:00 AM-11:55 AM	Senior Fitness	Pam S.	Buttenheim
12:15 PM-12:45 PM	Interval Circuit Training (F)	Sam P.	Multi Room 4
12:30 PM-1:30 PM	Enhance®Fitness	Pam S.	Buttenheim
1:30 PM-2:30 PM	Delay the Disease™	Susan S.	Rec Room
5:30 PM-6:25 PM	BODYFLOW™	Raquel R.	Buttenheim
6:00 PM-6:55 PM	BODYCOMBAT™	Juve T.	Rec Room
6:00 PM-6:55 PM	Indoor Cycling**	Griff F.	Cycle Room
7:00 PM-7:55 PM	Hatha Yoga (F)	Linda W.	Buttenheim
7:10 PM-8:05 PM	Zumba® (F)	Donna S.	Rec Room
7:15 PM-8:00 PM	RPM™ (F)	Rebecca	Cycle Room

Thursday	Class	Instructor	Location
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5:30 AM-6:25 AM	Indoor Cycling**	Rob B.	Cycle Room
5:45 AM-6:55 AM	Athletic Flow Yoga	Nicole L.	Multi Room 4
6:15 AM-7:10 AM	Barre Class	Ali	Mind/Body Studio
8:30 AM-9:25 AM	Indoor Cycling**	Karen T.	Cycle Room
9:00 AM-9:55 AM	Zumba® (F)	Ikuyo K.	Rec Room
9:15 AM-10:10 AM	BODYFLOW™	Raquel	Buttenheim
9:30 AM-10:00 AM	SPRINT™ (F)	Nikki R	Cycle Room
10:00 AM-10:55 AM	R.I.P.P.E.D.	Patti G.	Multi Room 4
10:00 AM-10:55 AM	4 Ever Fit	Susan S.	Rec Room
10:30 AM-11:30 AM	Guided Meditation	Linda W.	Studio
11:00 AM-12:10 PM	Chair Yoga	Pam S.	Buttenheim
12:15 PM-12:45 PM	SPRINT™ (F)	Nikki R	Cycle Room
1:00 PM-1:45 PM	Zumba GOLD®	Ikuyo K.	Buttenheim
2:00 PM-2:55 PM	Yoga	Debbie M-G.	Buttenheim
6:00 PM-6:55 PM	Pilates	Pam S.	Buttenheim
7:30 PM-8:25 PM	Box -n- Kick Circuit	Griff F.	Rec Room

Friday	Class	Instructor	Location
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6:00 AM-6:55 AM	Boot Camp	Beth F.	Rec Room
6:00 AM-6:55 AM	Indoor Cycling**	Ali D.	Cycle Room
8:00 AM-8:55 AM	Tai Chi	Don M.	Buttenheim
8:30 AM-9:25 AM	Indoor Cycling**	Joe G.	Cycle Room

9:00 AM-9:55 AM	Cardio Jam	Mari R.	Multi Room 3
9:00 AM-9:55 AM	Pilates	Pam S	Buttenheim
9:00 AM-10:15 AM	Joy Dance Aerobics	Elizabeth V.	Multi Room 4
9:15 AM-10:10 AM	BODYPUMP™	Raquel R.	Rec Room
9:30 AM-10:25 AM	Indoor Cycling**	Ashlee H.	Cycle Room
10:00 AM-10:45 AM	Deep Water Tabata (F)	Patti F.	Pool
10:15 AM-10:45 AM	GRIT™ Strength	Kelly D	Rec Room
10:30 AM-11:25 AM	General Conditioning	Raquel	Multi Room 4
10:50 AM-11:20 AM	CXWORX™	Kelly D	Rec Room
10:50 AM-11:20 AM	Aqua Ex (F)	Peggy P	Pool
11:00 AM-11:55 AM	Senior Fitness	Donna Sue D.	Buttenheim
12:15 PM-12:45 PM	Interval Circuit Training (F)	Sam P.	Multi Room 4
12:30 PM-1:30 PM	Enhance®Fitness	Donna Sue D.	Buttenheim
1:30 PM-2:30 PM	Delay the Disease™	Pam S.	Rec Room
5:30 PM-6:30 PM	Candlelight Yoga (F)	Linda W.	Buttenheim
6:00 PM-6:55 PM	BODYPUMP™	Suzanne J.	Rec Room
6:00 PM-6:55 PM	Indoor Cycling** (F)	Rotation	Cycle Room
6:30 PM-7:00 PM	Guided Meditation	Linda W.	Buttenheim
7:00 PM-8:00 PM	Candlelight Yoga	Linda W.	Buttenheim
7:10 PM-8:05 PM	Zumba® (F)	Carlos A	Rec Room
Saturday	Class	Instructor	Location
6:45 AM-7:45 AM	Barre Intensity	Jeanne H.	Mind/Body Studio
7:00 AM-7:55 AM	Indoor Cycling**	Ashlee H.	Cycle Room
8:00 AM-8:55 AM	Indoor Cycling**	Ali/Rachel	Cycle Room
8:00 AM-9:15 AM	Interval Cross Circuit	Griff F.	Rec Room
9:00 AM-10:15 AM	Yoga /QiGong	Rotation	Buttenheim
9:30 AM-10:25 AM	BODYPUMP™	Rotation	Rec Room
9:30 AM-10:25 AM	Indoor Cycling**	Griff F.	Cycle Room
10:00 AM-11:00 AM	General Conditioning	Cora T.	Multi Room 4
10:30 AM-11:00 AM	CXWORX™	Kim/Ally	Rec Room
Sunday	Class	Instructor	Location
8:30 AM-9:25 AM	Zumba® (F)	Ikuyo	Rec Room
9:00 AM-9:55 AM	BODYCOMBAT™	Juve	Multi Room 4/Multi Room 3
8:30 AM-9:25 AM	Indoor Cycling**	Rob B.	Cycle Room
9:30 AM-10:25 AM	BODYPUMP™	Jill M.	Rec Room
9:30 AM-10:25 AM	Intro to Barre (F)	Cathie G	Mind/Body Studio
10:30 AM-11:45 AM	BODYFLOW™	Raquel	Buttenheim