

Group Exercise Class Schedule

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
	5:30-6:30 SP	Spin 60 Patti H.	S	5:20-5:50 S	Express Intervals Kristin M.	5:30-6:30 SP	Spin 60 Patti H.			7:15-8:00 G	Foam Roll & Stretch Sheila
6:00-7:00 S	Fight Club Chris A.	5:30-6:30 S	HIIT It Circuit! Abby	6:00-7:00 S	Pilates Kristin M.	5:30-6:30 S	HIIT It Circuit! Abby	6:00-7:00 G	Fight Club Chris A.	8:00-9:00 S	World Dance Fitness Alex & Kato
6:00-7:00 L{\$}	Performance Swim John R.			6:00-7:00 L{\$}	Performance Swim John R.					8:15-9:15 SP	Spin 60 Sheila
8:00-9:00 S	Cardio Combo Jodi					7:00-7:50 S	Mat Pilates Bev	7:30-8:30 SP	Spin 60 Julie D.	8:15-8:45 L/TP{\$}	Aqua Babies Gina
8:00-9:00 G{\$}	TRX April	8:00-9:00 S	Power Pump Maria P.	7:30-8:10 SP	Spin Express 40 April	8:00-9:00 S	Power Pump Julie D.	8:15-9:00 G{\$}	TRX Shannon	8:15-9:00 G{\$}	Tabata Training Abby
9:00-10:00 L{\$}	Performance Swim John R.	8:00-9:00 G{\$}	TKO Boxing April	8:00-9:00 S	Cardio Combo Jodi			8:00-9:00 S	Pure Cardio Maria P.	9:00-10:00 L	Aqua Edge Gina
9:00-10:00 FF{\$}	L.G.L. Staff			9:00-10:00 L{\$}	Performance Swim John R.			9:00-10:00 FF{\$}	L.G.L. Staff	9:25-10:25 S	Power Pump Marcella/Julie/Shannon
9:15-10:15 S	PLYOGA Shannon	9:00-10:00 G{\$}	Heart Rates & Weights Ryan			9:00-10:00 G{\$}	Heart Rates & Weights Staff	9:15-10:15 S	Super Pump Shannon	10:00-11:00 1st Saturday of the Month	Spin 101 Jenkins
9:15-10:15 SP	Spin 60 Julie D.	9:15-10:15 S	Core and More Jenifer A.	9:15-10:15 S	PLYOGA Jenifer A.	9:15-10:15 S	Core and More Jenifer A.	9:15-10:15 FF/G{\$}	Bootcamp Maria P.	Jan 4th Feb 1st	
9:30-10:30 G{\$}	Heart Rates & Weights April	9:15-10:15 SP	Spin 45/60 Jodi/April	9:30-10:30 FF/G{\$}	Rowing Strength April	9:15-10:15 SP	Spin 60 Sheila			10:40-11:40 S	Yoga Catherine
10:00-11:00 L	Aqua Energy Elizabeth			10:00-11:00 L	Aqua Burn Catherine	10:10-11:00 G	Pilates Terri	10:00-11:00 L	Aqua Energy Jaynie	11:00-12:00 L	Shepherd Sharks Swim Team Swim Coaches
10:30-11:20 S	Flow Fusion Marisa	9:45-11:00 L/TP	Aqua Bands, Balls and More Gina	10:20-11:20 S	Yoga Cat	10:30-11:15 S	Prime Time Fitness Wendy	10:25-11:25 S	Yoga John S.	1:30-2:30 LP (\$)	Aqua Float Fit Gina
11:15-12:15 G{\$}	Parkinson's CT Staff	10:25-11:10 S	Silver Aero & Circuits Jodi	11:15-12:15 G{\$}	Parkinson's CT Staff	11:15-12:00 S	B.S.C.S. Wendy	11:00-12:00 TP	Aqua Barre Kim	SUNDAY	
11:00-12:00 TP	Aqua Tone & Stretch Catherine			11:00-12:00 TP	Aqua Tone & Stretch Catherine	12:15-1:00 S	Barre Fit Express Kim	11:30-12:30 S	Basic Strength Wendy	7:30-9:00 Sp (\$)	Performance Cycle Kevin/Abby/Sheila
11:30-12:30 S	Zumba™ Axana			12:15-1:00 TP{\$}	Aqua Fibro/Arthritis Bonnie			11:15-12:15 G{\$}	Parkinson's CT Staff	8:15-9:15 S	Flow Fusion Marisa
12:15-1:00 TP{\$}	Aqua Fibro/Arthritis Bonnie					3:00-4:00 S{\$}	Specialty Healing Yoga Cat	12:45-1:45 SP	Chair Yoga Catherine	8:15-9:15 G	Knockout Boxing Shannon/Marcella
12:45-1:45 S	Chair Yoga Catherine	3:30-4:30 S	Pilates Janet					12:45-1:45 S{\$}	Dance For Good Health Alex & Kato	9:15-10:15 SP	Spin 60 Julie D/Kevin
3:00-4:00 S	Yoga Eve	4:45-5:45 S	Core and More Jenifer A/Marcella	4:45-5:45 S	Power Pump Rene	4:45-5:45 S	Core and More Rene			9:30-10:30 S	Zumba™ Tatyana
4:45-5:45 S	Power Pump Jenifer A.			5:50-6:30 S	Core Cardio Express Maria P.					10:45-11:45 S	Yoga 101 Catherine
5:50-6:30 S	Core Cardio Express Jenifer A.	6:00-6:45 S	Barre Fit Express Kim			6:00-7:00 SP	Spin 60 Jenkins D.			Jan 26th 4th Sunday of every month	
6:00-7:00 SP	Spin 60 Marcella	6:00-7:00 L/TP	Aqua Burn Becky	6:30-7:30 L/TP	Aqua Fusion, NO Excuses Gina					11:00-12:00 LP (\$)	Aqua Float Fit Catherine
						6:30-7:30 TP	Aqua Barre Kim	Key: S = Studio SP = Spin Studio FF = Fitness Floor G = Gym L = Lap Pool TP = Therapy Pool ES = Evolution Pilates Studio {\$} = Addtl fee - Specialty Class Shaded areas denote classes available to matinee members Jenifer Anderson Grp Ex Coordinator 847-620-4518 Specialty Classes{\$} are open to non-members. Please see Specialty classes form for class descriptions			
7:00-8:00 S	Zumba™ Tatyana	7:00-8:00 S	Restorative Yoga Catherine	7:00-8:00 S	Zumba™ Tatyana	7:00-8:00 S	Yoga Gina				
Call us for more information or come in and get a week trial and try out these great classes! 847-620-4500											