

## *Group Fitness Schedule – Spring 2017*

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
<b>5:30 a.m.</b>	Cycle - Heather	Powertone - Katie	Cycle - Kyle	Powertone – Heather	Cycle – Cassidy	<b>8:30 a.m.</b> Water - Annie Core – Maren
<b>6:30 a.m.</b>		BURN (6:30-7:00) Heather		Cardio Circuit – Katie		<b>9:00 a.m.</b> Cardio Circuit – Maren
<b>9:00 a.m.</b>		Powertone – Lena		Powertone - Lena	Pilates Mat - Annie	10:15 a.m. PowerYoga Anna
<b>12:00 p.m.</b>	Cycle – Jay Powertone - Adrienne Yoga – Anna	Cycle - Anna BURN (12:15-12:45)Lena Yoga - Bailey	Powertone – Adrienne Yoga - Jendar	Cycle - Anna BURN (12:15-12:45) - Lena Yoga - Bailey	Cardio Circuit – Lena Yoga – Jendar	
<b>5:00 p.m.</b>					Core (30 min) - Mindy	
<b>5:30 p.m.</b>	Cycle – Liz H Pilates Mat - Annie	Barre – Liz Howick	Cycle - Maren	Barre – Liz Howick	Cycle - Mindy	
<b>6:30 p.m.</b>	Powertone – Anissa Kickboxing (bldg. H) – Lena	Cardio Circuit – Mindy	Powertone – Lena Pilates Mat – Liz Howick	Zumba - Greg		
<b>7:30 p.m.</b>	Yoga – Bailey	Yoga - Bryony	Yoga - Bailey	Yoga - Sara		