

## *Group Fitness Schedule – Fall 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 - Heather	Cycle - Kyle	Powertone – Heather	Cycle – Bre	<b>8:30 a.m.</b> Water - Annie Core – Bre
<b>6:30 a.m.</b>		Barre - Brenda		Cardio Circuit – Elizabeth G		<b>9:00 a.m.</b> Cardio Circuit – Bre
<b>9:00 a.m.</b>		Powertone – Lena		Powertone - Anissa	Pilates Mat - Annie	<b>10:15 a.m.</b> PowerYoga Kevin
<b>12:00 p.m.</b>	Powertone - Adrienne Yoga – Kevin	Cycle – Elizabeth G BURN (12:15-12:45) Lena Yoga – Jenny	Powertone – Adrienne Yoga - Jendar	Cycle - Kristine BURN (12:15-12:45) - Lena Yoga - Jenny	Cardio Circuit – Lena Yoga – Jendar	
<b>5:00 p.m.</b>						
<b>5:30 p.m.</b>	Cycle – Liz H Pilates Mat - Annie	Barre – Staff	Cycle – Jessica R	Barre – Liz Howick		
<b>6:30 p.m.</b>	Powertone – Bre Kickboxing (bldg. H) – Lena	Cardio Circuit – Mindy	Powertone – Lena Pilates Mat – Liz Howick	Zumba - Greg		
<b>7:30 p.m.</b>	Yoga – Crystal	Yoga – Bryony	Yoga - Tera	Yoga - Nate		