



GROUPX SCHEDULE: Effective Thursday, December 29, 2011

| Group Exercise Room | | | | | | |
|--|--|--|--|---|--|---|
| Monday | Tuesday | Wednesday | Thursday 12/29 | Friday 12/30 | Saturday 12/31 | Sunday New Year's Day |
| 5:30am-6:30am AMP*D Stephanie R | 8:30am -9:30am Step & Sculpt Janice S | 5:30am-6:30am AMP*D Janet D | 8:00am-9:00am Pilates on The Ball Vicky H | 5:30am-6:30am AMP*D Janet D | | 9:00am-10:00am Body Sculpt Michael O |
| 8:30am-9:30am Boot Camp Siobhan O | 9:30am-10:30am Zumba@ Lyndada | 9:00am-9:30am Butts & Gutts Christine S | 9:00am-10:00am Cardio Box BootCamp* Siobhan O | 8:30am-9:30am Zumba@ Lyndada | 9:00am-10:00am Body Pump™ Trudi M | 10:00am-11:00am Zumba@ Lyndada |
| 9:30am-10:30am Lower Body Meltdown Christine S | 9:30am-10:30am Boot Camp Stephanie R | 9:00am-10:00am Jump & Pump Janice S | 9:30am-10:30am AMP*D Maria C | 9:00am-10:00am BOX! * Janice S | 9:30am-11:00am PreCelebration Circuit Maria/Adam/Janice | 11:00am-12:00pm Body Pump™ Trudi M |
| 10:30am-11:30am Total Vision Maria C | 10:30am-11:30am Body Blast Lisa B | 9:30am-10:30am Total Vision Maria C | 10:00am-10:30am Abs Boot Camp Janice S | 9:30am-10:30am Total Body Meltdown Christine S | | 12:15pm-1:15pm Serenity Yoga Jason Z |
| 12:00pm-12:45pm Power Strength Stephanie R | 12:00pm-12:45pm Young at Heart Diane R | 10:00am-11:00am Body Pump™ Sue N | 10:30am-11:30am BOSU Janice S | 10:00am-11:00am Body Pump™ Janice S | | |
| 4:30pm-5:15pm FlexJamz Lyndada | 4:30pm-5:30pm Total Vision Maria C | 12:00pm-12:45pm Power Strength Stephanie R | 12:00pm-12:45pm Young at Heart Diane R | 10:30am-11:00am Abs & More! Lisa B | | |
| 5:30pm-6:30pm Zumba@ Lyndada | 5:30pm-6:30pm BOX! * Janice S | 5:30pm-6:30pm Drums Alive!™ Stephanie R | 4:30pm-5:30pm Total Vision Janet D. | 12:00pm-12:45pm Total Vision Janet D | | |
| 6:30pm-7:30pm BootCamp/ Jump&Pump ** Janice S | 6:30pm-7:30pm Hip Hop Funk Jeanine B | 6:30pm-7:30pm Body Blast Stephanie R | 5:30pm-6:30pm Body Pump™ Janice S | 6:15pm-7:15pm Circuit Breaker Janice S | | |
| | 6:45pm-7:45pm Body Pump™ Janice S | | 6:30pm-7:30pm Hip Hop Funk Jeanine B | | | |
| | | | 6:45pm-7:45pm BOX! * Janice S | | | <i>* gloves required</i> |
| Spin Studio | | | | | | |
| Monday | Tuesday | Wednesday | Thursday 12/29 | Friday 12/30 | Saturday 12/31 | Sunday New Year's Day |
| 8:30am-9:15am Vision Cycle Kurt R | 6:00am-7:00am RIDE! Larry D | 6:00am-7:00am RIDE! Kurt R | 6:00am-7:00am RIDE! Mark A | 8:30am- 9:15am Vision Cycle Laura M | 7:30am-8:15am Vision Cycle Myles P | 8:00am-9:00am RIDE! Michael O |
| 9:30am-10:30am RIDE! Mary Ellen M | 8:30am-9:15am Vision Cycle Meg M | 8:30am-9:15am Vision Cycle Helaine K | 8:15am-9:30am CELEBRATION RIDE! Brian M | 9:30am-10:30am RIDE! Lisa B | 8:30am-9:30am RIDE! Larry D | 9:30am-10:30am RIDE! Suzanne P |
| 4:30pm-5:30pm RIDE! Kurt R | 9:30am-10:30am RIDE! Lisa B | 9:30-10:30am RIDE! Christine S | 9:45am-10:45am RIDE! Myles P | 4:00pm-5:00pm RIDE! Stacey A | 10:00am-11:00am RIDE! Suzanne P | |
| 6:00pm-7:00pm RIDE! Larry D | 12:15pm-12:45pm Express RIDE! Chris M | 5:30-6:15pm Vision Cycle Diane S | 12:15pm-12:45pm Express RIDE! Laura M | | | |
| | 6:00pm-7:00pm RIDE! Janine C | 6:30pm-7:30pm RIDE! Diane S | 5:30pm-6:30pm RIDE! Laura K | | | |
| Serenity Studio | | | | | | |
| Monday | Tuesday | Wednesday | Thursday 12/29 | Friday 12/30 | Saturday 12/31 | Sunday New Year's Day |
| 8:00am-9:00am Serenity Yoga Allison P | 6:00am-7:00am Serenity Yoga Louisa K | 9:00am-10:00am Power Yoga Laura K | 6:00am-7:00am Serenity Yoga Louisa K | 9:30am-10:30am Organic Sculpt Lyndada | 9:00am – 10:00am Serenity Yoga Stephanie S | 9:00am-10:15am Hot Detox Flow TBD |
| 9:00am-10:00am Power Yoga Cathy W | 8:00am-9:00am Pilates Mat/Ring Vicky H | 10:30am-11:30am Advanced Pilates Vicky H | 9:15am-10:30am Heated Vinyasa Denise E | 10:30am-11:30am Pilates Mat/Ring Vicky H | 10:30am-11:30am Pilates Fusion Cathy W | 11:00am-12:00pm Pilates Mat/Ring Lyndada |
| 6:30pm-7:00pm Meditation/Stretch Julie H | 9:15am-10:30am Serenity Yoga Louise D | 4:30pm-5:00pm Meditation/Stretch Julie H | 5:30pm – 6:30pm Pilates Mat/Ring Vicky H | 5:30pm – 6:30 pm Serenity Yoga Julie H | | |
| 7:30pm-8:30pm Serenity Yoga Julie H | 6:00pm-7:00pm Yoga Sculpt Laura K | 5:15pm-6:15pm Serenity Yoga Louise D | 7:00pm-8:00pm Serenity Yoga Laura K | | | |
| | 7:30pm-8:30pm Hot Detox Flow Denise E | 7:30pm-8:30pm Power Yoga Stephanie S | | | Shading indicates NEW class or change to class | Shading indicates class takes place in Sports Zone Upper Level |