ATHLETIC SOCIETY Group Fitness Schedule – Fall October 1 to December 31, 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30-6:15a Rise n' Ride *Cycle Studio Tina H*	**7:30-8:30a Stretch n' Core** *Studio 1 Johny S*	**5:30-6:30 Express Cycle n' Core** *Cycle Studio Tina H*	**7:30-8:30a Contour to the Core** *Studio 1 Tracy W*	**5:30-6:15am Rise n' Ride** *Cycle Studio Ric*	**8:00-9:00a Aqua** *Pool Antony V*	**8:30-9:30a Strong** *Studio 1 Peter F*
8:00-9:00a Aqua *Pool Veena B*	**8:30-9:30a Throwback Cycle** *Cycle Studio Terri I*	**7:30-8:30a Reformer $** *Pilates Studio Kim W*	**8:30-9:30a Fit Camp** *Studio 1 Helene S.*	**8:00-9:00a Aqua** *Pool Tracy W*	**8:15-9:15a Weights & Agility** *Studio 1 Michael R*	**8:30-9:30a Rhythm Ride** *Cycle studio Helene S*
8:30-9:30a Fit Camp *Studio 1 Lisa L*	**8:30-9:45a Hatha Yoga** *Yoga Studio Georgina P*	**8:00-9:00a Aqua** *Pool France A*	**8:30a-9:30a Power Cycle** *Cycle Studio Peter F*	**8:30-9:30a Rhythm Ride** *Cycle Studio Helene S.*	**8:30-9:30a Rhythm Ride** *Cycle Studio Terri I*	**9:00-10:00a Cardio Hi/Low** *Studio 2 Karen P*
8:30-9:45a Vinyasa Flow *Yoga Studio Helene S*	**8:30-9:30am Reformer I $** *Pilates Studio Kim W*	**8:30a-9:30a Step** *Studio 1 Kim W*	**8:30-9:45a Hatha Yoga** *Yoga Studio Georgina P*	**8:30-9:45a Hatha/Yin Yoga** *Yoga Studio Tracey A*	**8:30-9:45a Hatha Yoga** *Yoga Studio Georgina P*	**9:30-10:45a Vinayasa Flow** *Yoga Studio Geri A*
8:30-9:30a Reformer II/III $ *Pilates Studio Kathy S*	**8:30-9:00a HIIT 30** *Studio 1 Helene S*	**8:30-9:30a Yoga Tune Up** *Yoga Studio Tracey A*	**9:30-10:30a Band Camp 60** *Studio 1 Kim W*	**8:30-9:30a Reformer III $** *Pilates Studio Sylvia L*	**8:30-9:30a Reformer III** *Pilates Studio Crystal*	**9:30-10:30a Reformer $** *Pilates Studio Natalya V*
8:45-9:30a HIIT Cycle 45 *Cycle Studio Kim W*	**9:00-9:30a Band Camp 30** *Studio 1 Helene S*	**8:45-9:30a HIIT Cycle 45** *Cycle Studio Tracy W*	**9:30-10:30a Reformer III $** *Pilates Studio Kathy S*	**8:30-9:00a HIIT 30** *Studio 1 Kim W*	**9:30-10:30 Contour to the Core** *Studio 1 Tracy W*	**9:30-10:30a Weights & Agility** *Studio 1 Michael R*
9:30-10:30a Beyond Barre *Studio 1 Maria M*	**9:30-10:30 Contour to the Core** *Studio 1 Tracy W*	**9:30-10:30a Weights & Agility** *Studio 1 Michael R*	**10:00-11:00a Yoga Basics** *Yoga Studio Georgina P*	**9:00-9:30a Power Sculpt 30** *Studio 1 Kim W*	**9:30-10:30a Rhythm Ride** *Cycle Studio Terri I*	**10:30-11:30 Cardio Hip Hop** *Studio 2 Lamesha V*
9:30-10:30a Powerbox *The Boxing Studio Joseph*	**9:30-10:30a Zumba** *Studio 2 Evan H*	**9:30-10:30a Cardio Hip Hop** *Studio 2 Lamesha V*	**9:45-10:30a Cardio Dance Fit** *Studio 2 Maria M*	**9:30-10:30a Weights & Agility** *Studio 1 Michael R*	**9:30-10:30a Dance Fusion** *Studio 2 Matt S*	
9:35-10:35a Reformer III $ *Pilates Studio Kathy*	**9:35-10:35a Reformer II/III $** *Pilates Studio Kim W*	**9:30-10:30a Powerbox** *The Boxing Studio Joseph*	**10:30-11:30a Forever Fit** *Studio 2 France A*	**9:35-10:35a Reformer II $** *Pilates Studio Sylvia L*	**9:35-10:35a Reformer IV $** *Pilates Studio Kim W*	
10:30-11:30a Vibra Dance *Studio 1 Jose M*	**10:00-11:00a Yoga Basics** *Yoga Studio Barbara Y*	**10-30-11:30a Forever Fit** *Studio 2 France A*	**5:30-6:30p Power Cycle** *Cycle Studio Peter F*	**10:30-11:30p Forever Fit** *Studio 2 France A*	**10:00-11:00a Yoga Basics** *Yoga Studio Helene H*	
10:30-11:30a Forever Fit *Studio 2 France*	**10:30-11:30a Pilates Infused Core** *Studio 1 Michael R*	**10:40-11:40a Reformer I/II $** *Pilates Studio Kim W*	**5:30-6:30p Reformer $** *Pilates Studio Jason B*	**1:30-2:30pm Aqua** *Pool France A*	**10:40-11:40a Reformer I/II** *Pilates Studio Jason B*	
12:30-1:30p Yoga Basics *Yoga Studio Milla D*	**10:30-11:30a Forever Fit** *Studio 2 France A*	**5:30-6:15p HIIT Cycle 45** *Cycle Studio Ric P*	**6:30-7:30p Cardio Hip Hop** *Studio 2 Lamesha V*	**5:15-6:15p Latin Cardio Dance** *Studio 2 Michelle T*	**11:15-12:15p Powerbox** *The Boxing Studio Joseph*	
1:30-2:30pm Aqua *Pool France A*	**5:00-5:30a Upper Body Strength** *Studio 1 Helene S.*	**5:30-6:30p Reformer $** *Pilates Studio Kim W*	**7:00-8:15p Hatha Yoga** *Yoga Studio Milla D*	**5:30-6:30p TGIF Cycle** *Cycle Studio Terri I*		
5:30-6:30p Fit Camp *Studio 1 Michelle T*	**5:30-6:30p Rhythm Ride** *Cycle Studio Helene S*	**5:30-6:00p HIIT 30** *Studio 1 Michelle T*				
5:30-6:30p Power Cycle *Cycle Studio Peter F*	**6:30-7:30p Cardio Hip Hop** *Studio 2 Lamesha V*	**6:00-6:30p Power Sculpt 30** *Studio 1 Michelle T*				
5:30-6:30p Reformer $ *Pilates Studio Jason B*		**6:00-7:00p Powerbox** *The Boxing Club Joseph*				
6:30-7:30p Strong *Studio 1 Peter F*		**6:30-7:30p Zumba** *Studio 2 Kathy L*				
6:30-7:30p Zumba *Studio 2 Lisa B*		**6:30-7:45p Hatha Yoga** *Yoga Studio Sri Hari*				
7:00-8:00p Powerbox *The Boxing Club Joseph*		**7:00-8:00a Aqua** *Pool Antony V*				