

GROUP EXERCISE SCHEDULE

ENGLEWOOD SEPTEMBER 21, 2017

FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Monday	Time	Class	Instructor	Location
	6:00-7:00am	Spin	Diana Schmitt	Spin
	6:30-7:45am	*Power Yoga	John Mannion	Group Ex. Room
	8:00-9:00am	*AOA Fitness	Gene Gutknecht	Group Ex. Room
	8:00-9:00am	MYZONE	Samantha Stone	MyZone Room
	8:00-9:00am	Spin	Sue Cehovic	Spin Room
	8:00-9:00am	Body Combat	Leslie Davis	Gymnasium
	9:00-10:00am	Spin	Barbara Hubatkova	
	9:00 -10:15am	Cross Training w/ TRX	Mike Schyck	Outdoor TRX Zone
	9:10-10:10am	Dance/Zumba	Charlotte/Denise/Liz	Gymnasium
	9:10-10:10am	Body Pump	Leslie Davis	Group Ex. Room
	10:15-11:15am	Pilates	Leslie Davis	Group Ex. Room
	12:00-1:00pm	Zumba Gold	Mary Bain Chase	Group Ex. Room
	1:30-2:30pm	P.E.P. (Parkinson's Exercise Program)	Mary Bain Chase	Group Ex. Room
	5:00-5:30pm	Back & Belly	Jennifer Porter	Group Ex. Room
	5:30-6:30pm	Step	Jennifer Porter	Group Ex. Room
	6:00-7:00pm	Spin	Melody Vasbinder	Spin Room
	6:30-7:30pm	Body Sculpt	Jennifer Porter	Group Ex. Room
Tuesday	Time	Class	Instructor	Location
	7:00-8:00am	TRX – Beginner/Intermediate	Samantha Stone	MyZone Room
	7:30-9:00am	Freedom Yoga	Susan Daughtrey	Group Ex. Room
	8:00-9:00am	Spin	Jan Waters	Spin Room
	9:00-10:00am	Spin	Jane Webb	Spin Room
	9:10-10:10am	Fitball & Sculpt	Leslie Carlsen	Group Ex. Room
	10:30-11:45am	*Silver Sneakers - Classic	John Mannion	Group Ex. Room
	4:00-5:00pm	*Yoga 4 Strength	Kathy Birkholz	Group Ex. Room
	5:30-6:30pm	JENN'S BOOT CAMP	Jennifer Engelauf	Outdoor TRX Zone
	5:30-6:30pm	Body Pump	Jennifer Haranda	Group Ex. Room
	5:30-6:30pm	TRX - Intermediate	Kasey Snyder	MyZone Room
	6:30-7:30pm	Body Combat	Leslie Davis	Group Ex. Room
Wednesday	Time	Class	Instructor	Location
	6:00-7:00AM	Spin	Mark Farrell	Spin Room
	6:30-7:45am	*Power Yoga	John Mannion	Group Ex. Room
	8:00-9:00am	Spin	Lisa Bachnik	Spin Room
	9:00 -10:00am	Spin	Barbara Hubatkova	Spin Room
	8:00-9:00am	Body Combat	Leslie Davis	Gymnasium
	8:00-9:00am	*AOA Fitness	Gene Gutknecht	Group Ex. Room
	9:00 -10:15am	Cross Training w/ TRX	Mike Schyck	Outdoor TRX Zone
	9:10-10:10am	Body Pump	Leslie Davis	Group Ex. Room
	9:10-10:10am	Dance/Zumba	Laurentz Cascante	Group Ex. Room
	12:00-1:00pm	Zumba Gold	Mary Bain Chase	Group Ex. Room
	5:30pm-6:30pm	*TRX	Kasey Snyder	Game Room
	5:30-6:30pm	Step Interval	Samantha Stone	Group Ex. Room
	6:30-7:30pm	Body Pump	Jan Waters	Group Ex. Room

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Thursday	Time	Class	Instructor	Location
	7:00-8:00am	TRX – Beginner/Intermediate	Samantha Stone	MyZone Room
	7:15-8:30am	*Gentle Yoga	John Manion	Group Ex. Room
	8:00-9:00am	Spin	Barbara Hubatkova	Spin Room
	8:30-9:30am	Fitball & Sculpt	Leslie Carlsen	Group Ex. Room
	9:00-10:00am	Spin	Sue Cehovic	Spin Room
	9:00-10:00am	Dance/Zumba	Laurentz Cascante	Gymnasium
	9:30-10:00am	Simply Stretch	Leslie Carlsen	Group Ex. Room
	9:00-10:00am	TRx	Jeanette Coffman	MyZone Room
	10:30-11:45am	*Silver Sneakers - Classic	John Mannion	Group Ex. Room
	1:30-2:30pm	P.E.P. (Parkinson’s Exercise Program)	Mary Bane Chase	Group Ex. Room
	4:30 – 5:30pm	Body Combat	Jennifer Haranda	Group Ex. Room
	5:30-6:30pm	JENN’S BOOT CAMP	Jennifer Engelauf	Outdoor TRX Zone
	5:30-6:30pm	TRX - Intermediate	Kasey Snyder	MyZone Room
	6:30-7:30pm	MYZONE	Kasey Snyder	MyZone Room
	5:30-6:30pm	Body Pump	Jennifer Haranda	Group Ex. Room
	6:35-7:50pm	*Freedom Yoga	Susan Daughtrey	Group Ex. Room
Friday	Time	Class	Instructor	Location
	6:00-7:00am	Spin	Diana Schmitt	Spin Room
	6:30-7:45am	*Power Yoga	John Mannion	Group Ex. Room
	8:00-9:00am	MyZone	Samantha Stone	MyZone Room
	8:00-9:00am	*AOA Fitness	Gene Gutknecht	Group Ex Room
	8:00-9:00am	Body Combat	Leslie Davis	Gymnasium
	8:00-9:00am	Spin	Lisa Bachnik	Spin Room
	9:00-10:00am	Spin	Samantha Stone	Spin Room
	9:00 -10:00am	Cross Training w/ TRX	Mike Schyck	Outdoor TRX Zone
	9:10-10:10am	Dance/Zumba	Laurentz Cascante	Gymnasium
	9:10-10:10am	Body Pump	Leslie Davis	Group Ex. Room
	10:15-11:15am	Pilates	TBD	Group Ex. Room
	12:00-1:00pm	Zumba Gold	Mary Bain Chase	Group Ex. Room
	4:30 – 5:30pm	Body Pump	Leslie Davis	Group Ex. Room
	5:30-6:45pm	*Freedom Yoga	Susan Daughtrey	Group Ex. Room
Saturday	Time	Class	Instructor	Location
	8:00-9:00am	Spin	Lisa Bachnik, Jan Waters, Kasey Snyder, Samatha Stone	Spin Room
	8:00-9:00am	Cardio/Strength	Jennifer Porter	Group Ex. Room
	9:00-10:00am	Body Pump/Strength Training	Jan Waters	Group Ex. Room
	9:00-10:00am	Pilates	Jennifer Porter	MyZone Room
	10:15-11:30am	*Yoga 4 Strength	Kathy Birkholz	Group Ex. Room
Sunday	Time	Class	Instructor	Location
	9:10-10:10am	Body Combat	Ali Hinshaw	Group Ex. Room
	10:15-11:15am	Body Pump	Ali Hinshaw	Group Ex. Room

