



# GROUP EXERCISE SCHEDULE



Updated 8/12/2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
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LOCATION: 1 - Aerobics Room 2 - MYZONE Room 3 - Gymnasium 4 - Indoor (MYZONE Room) & Outdoors

MORNING CLASSES						
6:30 - 7:45a (1) <b>POWER YOGA</b> Leslie Davis	7:00 - 8:00a (2) <b>TRX Beginner/Inter.</b> Samantha Stone	6:30 - 7:45a (1) <b>POWER YOGA</b> Diana Schmitt	7:00 - 8:00a (2) <b>TRX Beginner/Inter.</b> Samantha Stone	6:30 - 7:45a (1) <b>POWER YOGA</b> Leslie Davis	7:25 - 7:55a (1) <b>LES MILLS GRIT</b> Lori Paul	9:10 - 10:10a (1) <b>BODY COMBAT</b> Ali Hinshaw
8:00 - 9:00a (1) <b>AOA FITNESS</b> Gene Gutknecht	7:00 - 8:30a (1) <b>FREEDOM YOGA</b> Susan Daughtry	8:00 - 9:00a (2) <b>BARRE CLASS</b> Samantha Stone <b>**BEGINS 6/5**</b>	7:00 - 8:00a (1) <b>GENTLE YOGA</b> Diana Schmitt	8:00 - 9:00a (1) <b>AOA FITNESS</b> Gene Gutknecht	8:00 - 9:00a (1) <b>CARDIO/STRENGTH</b> Jennifer Porter	10:15 - 11:15a (1) <b>BODY PUMP</b> Ali Hinshaw
8:00 - 9:00a (2) <b>MYZONE</b> Samantha Stone	8:00 - 8:30a (1) <b>LES MILLS GRIT</b> Lori Paul <b>**BEGINS 6/4**</b>	8:00 - 9:00a (1) <b>AOA FITNESS</b> Gene Gutknecht	8:00 - 8:30a (1) <b>LES MILLS GRIT</b> Paul <b>**BEGINS 6/6**</b>	8:00 - 9:00a (2) <b>MYZONE</b> Samantha Stone	9:00 - 10:00a (1) <b>BODY PUMP</b> Lynn/Jennifer/Lori	
8:00 - 9:00a (3) <b>BODY COMBAT</b> Leslie Davis	9:10 - 10:10a (3) <b>HIIT/TABATA</b> Diana Schmitt	8:00 - 9:00a (3) <b>BODY COMBAT</b> Leslie Davis	8:10 - 9:10a (3) <b>HIIT/TABATA</b> Diana Schmitt	8:00 - 9:00a (3) <b>BODY COMBAT</b> Leslie Davis	9:00 - 10:00a (2) <b>PILATES</b> Jennifer Porter	
9:00 - 10:30a (4) <b>SCHYCK TRAINING</b> Mike Schyck	8:30 - 9:30a (1) <b>FITBALL &amp; SCULPT</b> Leslie Carlson	9:00 - 10:30a (4) <b>SCHYCK TRAINING</b> Mike Schyck	8:30 - 9:30a (1) <b>FITBALL &amp; SCULPT</b> Leslie Carlson	9:00 - 10:30a (4) <b>SCHYCK TRAINING</b> Mike Schyck	10:15 - 11:30a (1) <b>YOGA 4 STRENGTH</b> Diana Schmitt	
9:10-10:10a (3) <b>ZUMBA</b> Liz/Denise/Charlotte	9:30 - 10:15a (2) <b>SIMPLY STRETCH</b> Leslie Carlson	9:10-10:10a (3) <b>ZUMBA</b> Liz/Denise/Charlotte	8:30 - 9:30a (2) <b>TRX</b> Jeanette Coffman	9:10-10:10a (3) <b>ZUMBA</b> Liz/Denise/Charlotte		
9:10 - 10:10a (1) <b>BODY PUMP</b> Leslie Davis	9:30-10:30a (1) <b>CARDIO DRUMMING</b> Denise Krapf	9:10 - 10:10a (1) <b>BODY PUMP</b> Leslie Davis	9:10-10:10a (3) <b>ZUMBA</b> Denise/Charlotte	9:10 - 10:10a (1) <b>BODY PUMP</b> Lynn Spilotro		
10:15 - 11:15a (1) <b>PILATES</b> Leslie Davis	10:15 - 11:15a (3) <b>ZUMBA TONE</b> Denise/Liz	10:15 - 11:15a (1) <b>PILATES</b> Leslie Davis	9:30 - 10:15a (2) <b>SIMPLY STRETCH</b> Leslie Carlson	10:15 - 11:15a <b>PILATES</b> Lynn Spilotro		
	10:30 - 11:25a (1) <b>SILVER SNEAKER'S</b> Stanene Hickey		9:30-10:30a (1) <b>CARDIO DRUMMING</b> Diana Schmitt			
			10:30 - 11:25a (1) <b>SILVER SNEAKER'S</b> Jeanette Coffman			
AFTERNOON CLASSES						
12:00 - 1:00p (1) <b>ZUMBA GOLD</b> Mary Bane Chase		12:00 - 1:00p (1) <b>ZUMBA GOLD</b> Mary Bane Chase	1:30 - 2:30p (1) <b>PARKINSON'S EXERCISE PROGRAM</b> Mary Bane Chase	12:00 - 1:00p (1) <b>ZUMBA GOLD</b> Mary Bane Chase		
1:30 - 2:30p <b>PARKINSON'S EXERCISE PROGRAM</b> Mary Bane Chase						
EVENING CLASSES						
4:00 - 5:00p (1) <b>CARDIO DRUMMING</b> Cortney Albert	5:00 - 6:00p (1) <b>BODY PUMP</b> Jennifer H/Lori P	5:00 - 5:30p (1) <b>SCORE (Sculpt &amp; Core)</b> Jennifer Porter	5:00 - 6:00p (1) <b>BODY PUMP</b> Jennifer H/Lori P	5:30 - 6:45P (1) <b>FREEDOM YOGA</b> Susan Daughtry		
5:00 - 5:30p (1) <b>SCORE (Sculpt &amp; Core)</b> Jennifer Porter	5:30 - 6:30p (2) <b>TRX - INTERMEDIATE</b> Kasey Snyder	5:30 - 6:30p (1) <b>STEP HIIT</b> Jennifer Porter	5:30 - 6:30p (2) <b>TRX - INTERMEDIATE</b> Kasey Snyder			
5:30 - 6:30p (1) <b>STEP HIIT</b> Jennifer Porter	6:00 - 7:00p (1) <b>BODY COMBAT</b> Jennifer Haranda	5:30 - 6:30p (2) <b>TRX - YOGA FUSION</b> Kasey Snyder	6:00 - 7:00p (1) <b>BODY COMBAT</b> Jennifer H/Lori P			
	7:05 - 8:20P (1) <b>FREEDOM YOGA</b> Susan Daughtry					

