



GROUP EXERCISE SCHEDULE

Time	Location	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:10am-6:55am	Health Studio	Essentrics(B) Darcy 6am-7am	POUND* Bryan 6am-7am	Yoga Sarah B. 5:30am-6:30am	POUND* Bryan 6am-7am		
	Crippen Wellness Studio	Cycling Russ 5:10am-5:55am	Cycling Reagan 6am-7am	Cycling Russ 5:10am-5:55am	Cycling Brittany 6am-7am	Cycling Reagan 5:10am-5:50am	
	YMCA Parking Lot		Full Body Strength** Ramie 6am-7am			Boot Camp** Reagan 6am-7am	
	Flanagan Gym	Boot Camp Bryan E. 6am-7am	Reserved space for Group Ex pending bad weather 6am-7am	Boot Camp Ramie 6am-6:55am	Group Power Ramie 6am-7am	Reserved space for Group Ex pending bad weather 6am-7am	Muscle Evolution Lyndsay 8am-9am
7:50am-8:45am	Health Studio	Low Impact S&A(B) Berte 7:50am-8:45am	Chair Pilates & Stretch(B) Berte 7:50am-8:45am	Low Impact S&A(B) Berte 7:50am-8:45am	Chair Pilates & Stretch(B) Bess 7:50am-8:45am	Pump N' Pound(B) Berte 7:50am-8:45am	
9am-10am	YMCA Parking Lot		OULA Jacquiline 9am-10am			Boot Camp** Jackie C. 9am-10am	
	Crippen Wellness Studio	Cycling Lyndsay 9am-10am	Reserved space for Group Ex pending bad weather 9am-10am	Cycling Lyndsay 9am-10am	OULA.One* Karyn 9am-10am	Cycling Lyndsay 9am-10am	
	Health Studio	Pilates(B)* Chanteal 9am-10am	Zumba@(B) Tawnya 9am-10am	Pilates(B)* MJ 9am-10am	Yoga Fusion(B)* Bess 9am-10am	Yoga* Sam 9am-10am	Active Recovery Yoga* Deidra 9am-10:30am
	Flanagan Gym	Boot Camp Jackie C. 9am-10am	Group Power(B) Naomi 9am-10am	Boot Camp Jackie C. 9am-10am	Group Power** Naomi 9am-10am	Reserved space for Group Ex pending bad weather 9am-10am	OULA Maria 9:15am-10am
10-12am	Health Studio		Moving On (B) Berte 10:15am-11am				
	Flanagan Gym						POUND@(B)* Troy 10:15am-11:15am
	Crippen Wellness Studio	Cycling(B) Chris 12pm-1pm	Cycling Lyndsay 12pm-1pm		Cycling(B) Chris 12pm-1pm		
	Flanagan Gym	Boot Camp Chantel 12pm-1pm	Full Body Strength Reagan 12pm-1pm	Boot Camp Chantel 12pm-1pm	Muscle Evolution Lyndsay 12pm-1pm	Boot Camp Chantel 12pm-1pm	
							Sunday
	Health Studio	Functional Wellness Karen 12pm-1pm	PiYo™ Strength* Tawnya 12pm-1pm	Multi-Level Yoga* Jackie R. 12pm-1pm	Hard Core Pilates* Lacey 12pm-1pm	Yoga* Tania 12pm-1pm	Yoga Mindfulness* Deidra 12:00pm-1:30pm
1:30pm-5:15pm	Flanagan Gym	Pickleball 1:30pm-3:30pm	Pickleball 1:30pm-3:30pm	Pickleball 1:30pm-3:30pm	Pickleball 1:30pm-3:30pm		
	Crippen Wellness Studio	Cycling Rachel 4:30pm-5:15pm					
	Flanagan Gym	Turbo Kick Laura G. 4:30pm-5:15pm		Kettlebells Robert 4:30pm-5:15pm	Turbo Kick Jackie C. 4:30pm-5:15pm		
5:30pm-6:30pm	Crippen Wellness Studio	Cycling Brenda 5:30pm-6:30pm	POUND(B) Troy 5:30pm-6:30pm	Cycling Rachel/Brenda 5:30pm-6:30pm	POUND(B) Troy 5:30pm-6:30pm		
	Flanagan Gym	Interval Body Blast Stacey 5:30pm-6:30pm	Group Power Jackie C. 5:30pm-6:30pm	Interval Body Blast Stacey 5:30pm-6:30pm	Group Power Jackie C. 5:30pm-6:30pm		
	Health Studio	OULA Caitlin 5:30pm-6:30pm	Yoga* Tania 5:30pm-6:30pm	Beginner Yoga(B)* Bobbi 5:30pm-6:30pm	Yoga* Laura 5:30pm-6:30pm	Nia(B) Sheri 5:30pm-6:30pm	
6:45pm-8pm	Health Studio	Zumba(B) Tammy 6:45pm-7:45pm	Nia(B) Sheri 6:45pm-7:45pm				
	Flanagan Gym		Karate ⁵ 7pm-8pm		Karate ⁵ 7pm-8pm	Pickleball 5pm-8pm	

Effective: 7/1/2020

Subject to change; B Ideal Class for Beginners; *Mat not provided; **Registration requested