

# Fitness Center Studio Schedule

		Time	Class	Studio	Instructor			Time	Class	Studio	Instructor	
Monday		5:45	Spin*	Spin	Beverly	Thursday		5:15	Barre*	MBS	Sharrell	
		6:30	Up, Down, Turn Around*	MBS	Kristen			5:45	Spin*	Spin	Beverly	
		8:00	Heart Strong†	TS	Avril			6:00	Creative Cardio	GES	Jameelah	
		9:00	Low Impact/Sculpt	GES	Beth			6:30	Correlation Yoga 1*	MBS	Avril	
		9:15	Restorative Yoga	MBS	Avril			9:00	Adult Conditioning†	GES	Sharon	
		10:00	Heart Strong†	TS	Sharrell			9:00	Sun Tai Chi	MBS	Young	
		10:15	Beginner's Meditation	MBS	Avril			10:00	Heart Fit §	GES	Clinton	
		11:00	Barre*	MBS	Jasmin			10:00	Restorative Yoga**	MBS	Avril	
		11:00	Heart Fit §	GES	Sharon			11:00	COPD (90)†	GES	Sharrell	
		11:45	Tabata Bootcamp	TS	Kandice			11:00	Restorative Yoga	MBS	Jasmin	
		12:00	Power Yoga 1	MBS	Jasmin			12:00	Spin*	Spin	Beverly	
		12:30	Zumba*	GES	Kandice			12:30	Zumba Gold*	MBS	Kim	
		4:30	Zumba*	GES	Kim			1:00	Zumba Tone*	GES	Beverly	
		5:00	Heart Strong†	TS	Lauren			4:00	Total Control§	MBS	Jasmin	
		5:30	Step & Sculpt	GES	Sidney			4:30	Cardio Strength Fusion*	GES	Erika	
		5:30	PiYo*	MBS	Lawanda			5:00	Heart Strong†	TS	Lauren	
	5:45	Spin*	Spin	DeeAnn		5:15	15 Minute Abs	GES	Hahns			
	6:15	Power Yoga 2	MBS	Matt		5:30	Zumba*	GES	Carmen			
	6:30	Oh Baby! Prenatal Combo§	GES	Catherine		5:45	Spin*	Spin	DeeAnn			
	7:15	Extreme 90xs/Core*	TS	Mike		6:00	Tai Chi (30 minutes)	MBS	Young			
	7:30	Oh Baby! Pilates §	GES	Catherine		6:30	Correlation Yoga 1	MBS	Melita			
						6:30	Functional Stretching*	GES	Lauren			
Tuesday		5:15	Barre*	MBS	Sharrell	Friday		5:45	Spin*	Spin	Beverly	
		5:45	Spin*	Spin	Gwen			7:00	Sunrise Functional Stretching*	MBS	Sharrell	
		6:00	Creative Cardio	GES	Jameelah			8:00	Heart Strong†	TS	Sharrell	
		6:30	Sunrise Functional Stretching*	MBS	Sharrell			9:00	Low Impact/Sculpt	GES	Maxine	
		7:15	Sunrise Tai Chi*	GES	Gail			9:15	Restorative Yoga‡	MBS	Avril	
		7:30	Correlation Yoga 1	MBS	Avril			10:00	Oh Baby! Mom & Baby Yoga*§	GES	Josie	
		9:00	Adult Conditioning†	GES	Clinton			10:00	Heart Strong†	TS	Clinton	
		10:00	Heart Fit†	GES	Sharrell			10:15	Correlation Yoga 2 (90 min)	MBS	Avril	
		10:00	Restorative Yoga	MBS	Avril			11:00	COPD (90)†	GES	Jasmin	
		11:00	COPD (90)†	GES	Clinton			11:00	Restorative Yoga	MBS	Jasmin	
		11:00	Restorative Yoga	MBS	Jasmin			11:45	Tabata Bootcamp*	TS	Kandice	
		12:00	Circuit Training	TS	Kandice			12:30	Zumba*	GES	Kandice	
		12:00	Spin*	Spin	Beverly			2:00	PINK†	GES	Jasmin	
		12:30	Zumba Gold*	MBS	Carmen			4:30	Barre*	MBS	Jasmin	
		1:00	Cancer Wellfit†	GES	Paige			5:30	Balls, Bands, and Core*	GES	Jameelah	
		4:00	Total Control§	MBS	Jasmin							
	4:30	Boot Camp*	GES	Mike								
Wednesday		5:15	15 Minute Abs	GES	Lauren	Saturday		8:45	Spin*	Spin	Christine	
		5:30	Zumba*	GES	Kendra			9:00	Pilates	MBS	TBD	
		5:45	Spin*	Spin	Alethia			9:15	Oh Baby! Mom & Baby Fitness§	GES	Catherine	
		6:30	Functional Stretching*	GES	Lauren			10:15	Oh Baby! Prenatal Toning§	GES	Catherine	
								11:15	Extreme Brunch Workout	GES	Mike	
								10:15	Power Yoga 1	MBS	Melita	
	Thursday		5:45	Spin*	Spin		Beverly	Sunday		12:15	Functional Stretching*	MBS
		6:00	Barre	MBS	Sharrell		1:00		Cancer Wellfit†	GES	Hahns	
		8:00	Heart Strong†	TS	Sharrell		2:00		PINK†	GES	Lauren	
		9:00	Low Impact/Sculpt	GES	Chey		3:30		Power Yoga 1	MBS	Matt	
		9:15	Restorative Yoga	MBS	Jasmin							
		10:00	Heart Strong†	TS	Sharon							
		10:30	Oh Baby! Combo§	GES	Erica							
		11:15	Beginner's Meditation	MBS	Avril							
		12:00	Up, Down, Turn Around*	MBS	Avril							
		12:30	Zumba*	GES	Kandice							
		2:00	PINK†	GES	Paige							
		3:00	PINK Support Group†	GES	Barbara							
		4:30	Cardio Mix	GES	Mike							
		5:00	Heart Strong†	TS	Paige							
		5:15	15 Minute Abs	GES	Kelly							
		5:30	Zumba*	GES	Kandice							
	5:30	Spin*	Spin	Mike								
	5:30	Oh Baby! Pilates §	MBS	Erica								
	6:30	Extreme 90xs	TS	Mike								

**\*Please Note:**  
**Schedules and classes subject to change**  
 \* Denotes a 45 minute class.  
 All other classes 60 minutes, unless otherwise noted  
 † Medical clearance required.  
 \*\* Yoganidra every third Thursday at 10am  
 ‡ Yoganidra every first Friday at 9:15am  
 § Requires registration and/or additional cost  
 MBS: Mind Body Studio  
 GES: Group Exercise Studio  
 TS: Train Station  
 Spin: Spin Studio  
 Last updated: 1/28/2015

