


## Fitness Center Group Exercise Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday
5am	5:45 <span style="background-color: #FFD700;">Cycle (45)</span> Chandler	5:30 <span style="background-color: #90EE90;">HIIT FITT (30)</span> Michael		5:30 <span style="background-color: #90EE90;">HIIT FITT (30)</span> Michael	
6am	6:30 <span style="background-color: #90EE90;">Strength Training (45)</span> Michael	6:30 <span style="background-color: #90EE90;">TRX (45)</span> Chandler	6:30 <span style="background-color: #90EE90;">Strength Training (45)</span> Logan	6:30 <span style="background-color: #90EE90;">TRX (45)</span> Chandler	
8am	8:00 <span style="background-color: #90EE90;">HeartStrong*</span> Logan 8:15 <span style="background-color: #6495ED;">Low Impact Sculpt</span> Beth	7:30 <span style="background-color: #FFB6C1;">Beginner Yoga</span> Isabelle 8:45 <span style="background-color: #FFB6C1;">Tai Chi</span> Aviva	8:00 <span style="background-color: #90EE90;">HeartStrong*</span> Logan 8:15 <span style="background-color: #6495ED;">Low Impact Sculpt</span> Isabelle	7:30 <span style="background-color: #FFB6C1;">Pilates</span> Isabelle 8:45 <span style="background-color: #FFB6C1;">Tai Chi</span> Aviva	8:00 <span style="background-color: #90EE90;">HeartStrong*</span> Nicole
9am	9:00 <span style="background-color: #FFB6C1;">Chair Yoga</span> Maya 9:15 <span style="background-color: #90EE90;">TRX (45)</span> Myles	9:00 <span style="background-color: #6495ED;">Adult Conditioning</span> Logan	9:15 <span style="background-color: #90EE90;">TRX (45)</span> Alan	9:00 <span style="background-color: #6495ED;">Adult Conditioning</span> Nicole 9:00 <span style="background-color: #90EE90;">Boot Camp (45)</span> Myles	9:15 <span style="background-color: #90EE90;">TRX (45)</span> Logan
10am	10:00 <span style="background-color: #90EE90;">HeartStrong*</span> Myles 10:00 <span style="background-color: #FFB6C1;">Functional Stretching (45)</span> Logan 11:00 <span style="background-color: #FFB6C1;">Tai Chi</span> Aviva	10:00 <span style="background-color: #FFB6C1;">Adaptive Yoga 1 (45)</span> Sheila	10:00 <span style="background-color: #90EE90;">HeartStrong*</span> Logan 10:00 <span style="background-color: #FFB6C1;">Functional Stretching (45)</span> Micki	10:00 <span style="background-color: #FFB6C1;">Chair Mobility</span> Aktzi	10:00 <span style="background-color: #FFB6C1;">Adaptive Yoga 2 (45)</span> Sheila 10:00 <span style="background-color: #90EE90;">HeartStrong*</span> Alan 10:00 <span style="background-color: #6495ED;">Functional Stretching (45)</span> Myles
11am	11:15 <span style="background-color: #6495ED;">COPD* (75)</span> Nicole	11:00 <span style="background-color: #FFB6C1;">Pilates (45)</span> Sheila 11:00 <span style="background-color: #A9A9A9;">COPD* (40)</span> Micki 11:00 <span style="background-color: #90EE90;">Heart Fit*</span> Alan	11:15 <span style="background-color: #6495ED;">COPD* (75)</span> Myles	11:00 <span style="background-color: #A9A9A9;">COPD* (40)</span> Alan 11:00 <span style="background-color: #90EE90;">Heart Fit*</span> Logan	11:00 <span style="background-color: #FFB6C1;">Pilates (45)</span> Sheila 11:00 <span style="background-color: #A9A9A9;">COPD* (40)</span> Myles
12pm	12:00 <span style="background-color: #90EE90;">Women's Strength Training (45)</span> Alan 12:15 <span style="background-color: #FFB6C1;">Zumba Gold (45)</span> Ingrid	12:15 <span style="background-color: #90EE90;">TRX (45)</span> Myles 12:45 <span style="background-color: #FFD700;">Cycle (45)</span> Jameelah	12:00 <span style="background-color: #90EE90;">Women's Strength Training (45)</span> Nicole	12:15 <span style="background-color: #FFB6C1;">Zumba Gold (45)</span> Ingrid	12:45 <span style="background-color: #FFB6C1;">Power Yoga</span> Maya
1pm	1:00 <span style="background-color: #FFB6C1;">Functional Stretching (45)</span> Myles	1:00 <span style="background-color: #6495ED;">Cancer Wellfit*</span> Nicole	1:00 <span style="background-color: #FFB6C1;">Functional Stretching (45)</span> Micki		1:00 <span style="background-color: #6495ED;">Cancer Wellfit*</span> Nicole
2pm			2:00 <span style="background-color: #6495ED;">Pink*</span> Alan		2:00 <span style="background-color: #6495ED;">Pink*</span> Micki
4pm	4:30 <span style="background-color: #6495ED;">Extreme Bootcamp (45)</span> Reggie	4:30 <span style="background-color: #90EE90;">Strength Training (30)</span> Marquese	4:15 <span style="background-color: #90EE90;">Boxing (45)</span> Asher 4:30 <span style="background-color: #6495ED;">Extreme Bootcamp (45)</span> Jameelah	4:30 <span style="background-color: #90EE90;">Strength Training (30)</span> Marquese	4:30 <span style="background-color: #90EE90;">Extreme Bootcamp (45)</span> Aktzi
5pm	5:00 <span style="background-color: #90EE90;">HeartStrong*</span> Asher 5:30 <span style="background-color: #6495ED;">Step &amp; Sculpt (45)</span> Sidney 5:45 <span style="background-color: #FFD700;">Cycle (45)</span> Alethia	5:00 <span style="background-color: #FFB6C1;">Beginner Yoga</span> Maya 5:30 <span style="background-color: #6495ED;">Cardio Dance</span> Isabelle 5:45 <span style="background-color: #FFD700;">Cycle (45)</span> Alethia	5:00 <span style="background-color: #90EE90;">HeartStrong*</span> Marquese 5:15 <span style="background-color: #FFB6C1;">Tai Chi</span> Ty 5:30 <span style="background-color: #6495ED;">Hip Hop Cardio</span> Isabelle	5:00 <span style="background-color: #90EE90;">HeartStrong*</span> Alex 5:00 <span style="background-color: #FFB6C1;">Women's Heart Yoga</span> Amanda 5:45 <span style="background-color: #FFD700;">Cycle &amp; Sculpt (45)</span> Walter	5:30 <span style="background-color: #90EE90;">TRX (45)</span> Marquese
6pm	6:30 <span style="background-color: #FFB6C1;">Intermediate Yoga</span> Maya 6:30 <span style="background-color: #90EE90;">TRX (45)</span> Marquese	6:15 <span style="background-color: #90EE90;">Cardio &amp; Core</span> Marquese 6:15 <span style="background-color: #FFB6C1;">Pilates (45)</span> Isabelle	6:30 <span style="background-color: #FFB6C1;">Intermediate Yoga</span> Maya 6:30 <span style="background-color: #90EE90;">TRX (45)</span> Asher	6:30 <span style="background-color: #FFB6C1;">Yoga</span> Melita	
	Saturday	Sunday			
	8:15 <span style="background-color: #FFD700;">Cycle (45)</span> Chandler 9:15 <span style="background-color: #FFB6C1;">Pilates</span> Sidney 10:00 <span style="background-color: #90EE90;">Strength Training (45)</span> Asher 11:30 <span style="background-color: #FFB6C1;">Yoga</span> Melita	12:15 <span style="background-color: #90EE90;">Strength Training (45)</span> Various 1:00 <span style="background-color: #90EE90;">Cancer Wellfit*</span> Alex 1:15 <span style="background-color: #FFB6C1;">Tai Chi</span> Ty 2:00 <span style="background-color: #6495ED;">Pink*</span> Alex 2:30 <span style="background-color: #FFB6C1;">Beginner Yoga</span> Maya	Last updated: 7/9/24		
			Cycling Studio <span style="background-color: #FFD700;"> </span> Train Station <span style="background-color: #90EE90;"> </span> Mind Body Studio <span style="background-color: #FFB6C1;"> </span> Group Exercise Studio <span style="background-color: #6495ED;"> </span> Virtual <span style="background-color: #A9A9A9;"> </span> *Medical clearance required All classes 60 minutes unless noted		