



June Group Exercise Schedule

Registration opens at 8:00 AM - 3 days prior
(4 days prior for Tuesdays)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:30 AM Vinyasa Yoga Menucha	8:30 AM Pilates Hanna	8:30 AM Yoga Fusion Mabel	8:30 AM Hatha Yoga Rita	8:30 AM Vinyasa Yoga Menucha	8:30 AM Cycle Karen W.	8:30 AM Cardio Blast Sonya
9:30 AM Cardio Blast Heather	9:30 AM Muscle Sculpt Michelle	8:30 AM Glutes and Abs Alin	9:30 AM Barre Nadine	8:30 AM Step Up: Muscle Gail	9:30 AM ★ Vinyasa Yoga Lisa S.	8:30 AM Cycle Lisa M.
9:30 AM Barre Pilates Vazheh	9:30 AM Pilates Hanna	9:30 AM Barre Angela	9:30 AM Zumba Alla	9:30 AM Cycle Ashley	9:30 AM Bootcamp Karen W.	9:30 AM ★ Gentle Yoga Karen
10:30 AM Full Body Burn Heather	10:30 AM Zumba Alla	9:30 AM Cycle Gayle	10:30 AM Pilates Nadine	9:30 AM Barre Pilates Nadine	10:30 AM Yogalates Lisa S.	9:30 AM Cycle Lisa M.
10:30 AM Pilates Vazheh	10:30 AM ★ Chair Pilates Angela	9:30 AM Bootcamp Alin	10:30 AM ★ Chair Pilates Rita	9:30 AM Cardio Blast Alin	10:30 AM Muscle Mix Karen W.	9:30 AM Athletic Circuit Denise
11:30 AM ★ Chair Yoga Oril	10:30 AM Yogalates Vazheh	10:30 AM Pilates Karen	10:30 AM Full Body Burn Heather	10:30 AM Muscle Mix Alin	11:30 AM Pilates Vazheh	10:30 AM Pilates Karen
11:30 AM Zumba Alla	11:30 AM Gentle Yoga Angela	10:30 AM Muscle Sculpt Gayle	11:30 AM ★ Yogalates Lisa S.	10:30 AM ★ Foam Roller Pilates Nadine	11:30 PM Cardio Kickboxing Sam	10:30 AM Muscle Sculpt Gail
11:30 AM ★ Barre Dani	11:30 AM ★ Forever Strong Joy	11:30 AM Gentle Yoga Karen	11:30 AM ★ Forever Strong Joy	11:30 AM ★ Chair Yoga Orli	12:30 PM Let's Dance: Latin Lina	11:30 AM Hatha Yoga Mabel
12:30 PM ★ Gentle Yoga Angela	12:30 PM ★ Nia Natalie	11:30 AM ★ Forever Balance Joy	12:30 PM ★ Barre Angela	11:30 AM Barre Dani	★	11:30 AM Zumba Gail
	1:30 PM Barre Dani	12:30 PM ★ Therapeutic Pilates Karen		11:30 AM Zumba Alla	INDICATES LOW INTENSITY CLASS	12:30 PM Hatha Yoga Mabel
		12:30 PM Zumba Gail		12:30 PM Gentle Yoga Orli		1:30 PM Ashtanga Shawn



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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
4:30 PM Muscle Mix Alin	4:30 PM Pilates Gail	2:00 PM Restorative Yoga Orli	4:30 PM Lift Barbell Gillian	4:30 PM Bootcamp Sam
4:30 PM HIIT Pilates Gillian	5:30 PM Pilates Gail	4:30 PM Glutes and Abs Sam	5:30 PM Muscle Sculpt Ashely	★ INDICATES LOW INTENSITY CLASS
5:30 PM Muscle Sculpt Alin	5:30 PM Muscle Sculpt Lisa S.	4:30 PM Muscle Mix Alin	5:30 PM Yoga Fusion Sandra	
5:30 PM Pilates Bonnie	6:30 PM Barre Pilates Gail	5:30 PM Cardio Blast Alin	6:30 PM Athletic Circuit Denise	
6:30 PM Bootcamp Lesley	6:30 PM Drum Fit Beth	5:30 PM Pilates Bonnie	6:30 PM Barre Pilates Rita	
6:30 PM Yogalates Lisa S.	6:30 PM Cycle Melissa	6:30 PM Bootcamp Lesley	7:30 PM Zumba Claudia	
6:30 PM Nia Natalie ★	7:30 PM Vinyasa Yoga Julie	6:30 PM Barre Pilates Bonnie	7:30 PM Power and Flow Yoga Rita	
7:30 PM Cycle Lesley	7:30 PM Zumba Claudia	7:30 PM Cycle Lesley	8:30 PM HIIT Pilates Rita	
7:30 PM Gentle Yoga Orli ★	8:30 PM Latin Jam Alla	7:30 PM Ashtanga Shawn		
7:30 PM Zumba Alla	8:30 PM Vinyasa Yoga Julie	7:30 PM Zumba Johanna		
8:30 PM Hatha Yoga Orli		8:30 PM Vinyasa Yoga Sandra		

OUTDOOR AQUAFIT SCHEDULE		
MONDAY	9:05 AM Irina	10:05 AM Joy
TUESDAY	9:05 AM Natalie	
WEDNESDAY	9:05 AM Joy	10:05 AM Ashley
THURSDAY	9:05 AM Michelle	
FRIDAY	9:05 AM Michelle	
SUNDAY		9:05 AM Camila

Room Locations
Main Studio
Yoga Studio B
Cycle
Dance Studio A
Boxing Studio