








# February 2019 - Group Exercise Class Schedule

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:30-9:30am <b>CARDIO STRENGTH</b> [Dana Wiltz]	5:00-6:00am <b>EXTREME BODY BLAST</b> [Jean Green]	5:15-6:15am <b>CYCLE</b> [Danielle Nordskog]	5:00-6:00am <b>EXTREME BODY BLAST</b> [Jean Green]	5:15-6:15am <b>CYCLE</b> [Danielle Nordskog]	5:15-6:15am <b>PT</b> <b>EXTREME BODY BLAST</b> [Jean Green]	7:15-8:15am <b>CYCLE</b> [Jean Green]
9:00-10:00am <b>CYCLE</b> [Jamie Hawn]	6:00-7:00am <b>CYCLE</b> [Mike Schmidt]	8:30-9:00am <b>CARDIO EXPRESS</b> [Jen Azevedo]	6:00-7:00am <b>CYCLE</b> [Mike Schmidt]	5:45-6:45am <b>TOTAL BODY</b> [April Larson]	6:00-7:00am <b>CYCLE</b> [Mike Schmidt]	8:00-9:00am  [Joelle Davis]
9:30-10:40am  [Joelle Davis]	8:30-9:40am  [Cezanne Youmazzo]	9:00-9:30am <b>CORE EXPRESS</b> [Jen Azevedo]	6:30-7:30am  [Joelle Davis]	8:30-9:30am <b>TOTAL BODY</b> [Jen Azevedo]	7:00-8:00am <b>YOGA</b> [Kimberly Nunley]	8:30-9:30am <b>CYCLE</b> [Cezanne Youmazzo]
11:00am-12:15pm <b>YOGA</b> [Kimberly Nunley]	8:30-9:30am <b>TREADMILL</b> [Melanie Vovk]	9:00-10:00am <b>CYCLE</b> [Melanie Vovk]	8:30-9:30am <b>CYCLE FUSION</b> [Heather Deffenbaugh]	8:30-9:30am <b>CYCLE FUSION</b> [Lynette Willis]	8:30-9:30am [Kimberly Nunley]	9:00-10:00am <b>LIQUID CARDIO</b> [Amanda Billimore]
	9:00-10:00am <b>CYCLE</b> [Trish Deboni]	9:00-10:00am <b>LIQUID CARDIO</b> [Rosemary Comptelli]	8:30-9:40am <b>YOGA</b> [Kimberly Nunley]	9:00-10:00am <b>LIQUID CARDIO</b> [Jodi Broz]	8:30-9:00am <b>CARDIO STRENGTH</b> [Trish Deboni]	9:00-10:00am <b>LIQUID CARDIO</b> [Amanda Billimore]
	9:45-11:00am <b>YOGA</b> [Kimberly Nunley]	9:30-10:30am <b>BARRE BODY</b> [Jodi Broz]	9:30-10:30am <b>TREADMILL</b> [Melanie Vovk]	9:30-10:30am <b>BOOTY BARRE BLAST</b> [Rana McDonald]	8:30-9:00am <b>INTERVAL CYCLE EXPRESS</b> [Cezanne Youmazzo]	9:15-10:15am <b>CARDIO STRENGTH</b> [April Larson]
	11:00-12:00pm <b>PILATES MAT</b> [Kimberly Nunley]	10:30-11:30am <b>CORRECTIVE YOGA</b> [Adelynn Spiecker]	9:45-10:45am <b>PILATES MAT</b> [Cezanne Youmazzo]	10:30-11:30am <b>CARDIO STRENGTH</b> [Lynette Willis]	8:30-9:30am <b>TREADMILL FUSION</b> [Melanie Vovk]	9:45-10:45am <b>CYCLE</b> [Trish Deboni]
	12:00-1:00pm <b>TOTAL BODY</b> [April Larson]	10:30-11:30am <b>TREADMILL FUSION</b> [Melanie Vovk]	10:45-11:45am <b>TOTAL BODY</b> [Melanie Vovk]	11:30-12:45pm <b>YOGA</b> [Leith O'Leary]	9:30-10:40am  [Trish Deboni]	10:15-11:15am <b>ZUMBA</b> [Amanda Billimore]
	5:00-6:00pm <b>CYCLE</b> [Heather Deffenbaugh]	12:00-1:00pm  [Jodi Broz]	4:15-5:00pm  <b>HIP HOP</b> [Lisa Debear]	4:00-5:00pm <b>KIDS FITNESS</b> [Andrew Basile]	9:30-10:30am <b>CYCLE</b> [Gwen Dignadice]	
	5:30-6:30pm <b>CARDIO STRENGTH</b> [April Larson]	4:00-5:00pm <b>KIDS FITNESS</b> [Andrew Basile]	5:00-5:30pm <b>CARDIO EXPRESS</b> [Trish Deboni]	5:30-6:30pm <b>CARDIO STRENGTH</b> [Danielle Nordskog]	10:45-11:45am <b>PILATES MAT</b> [Gwen Dignadice]	
	6:00-7:00pm <b>TREADMILL</b> [Jodi Broz]	5:30-6:30pm <b>TOTAL BODY</b> [Dana Wiltz]	5:30-6:30pm  [Trish Deboni]	5:30-6:30pm <b>CYCLE</b> [Rosemary Competelli]	5:30-6:30pm <b>ZUMBA</b> [Patricia Alvarez]	
	6:30-7:45pm <b>YOGA</b> [Andrea Dill]	6:00-7:00pm <b>CYCLE</b> [Mike Schmidt]	5:30-6:30pm <b>CYCLE</b> [Melanie Vovk]	6:30-7:30pm <b>TOTAL BODY</b> [Dana Wiltz]		
		6:30-7:30pm <b>BARRE BODY</b> [Jodi Broz]	6:00-7:00pm <b>TREADMILL</b> [Jodi Broz]			
			6:45-7:45pm <b>ZUMBA</b> [Amanda Billimore]			

