

## *Group Fitness Schedule – Winter 2019*

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
<b>5:30 a.m.</b>	Cycle - Farron	Powertone - Heather	Cycle - Nate	Powertone – Heather	Cycle – Austin	<b>8:30 a.m.</b> Water – Annie  <b>8:30 a.m.</b> Powertone - Bre  <b>9:30 a.m.</b> Core – Tamara  <b>10:00 a.m.</b> HIGH Fitness – Tamara  <b>10:15 a.m.</b> .Yoga - Kevin
<b>6:30 a.m.</b>	Yoga - Nate	Barre - Angie	Yoga - Deb	Cardio Circuit – Luke Pilates Mat - Angie	Yoga - Deb	
<b>9:00 a.m.</b>					Pilates Mat - Annie	
<b>12:00 p.m.</b>	Cycle – Liz H Powertone - Adrienne Yoga – Jendar	Cycle – Austin BURN (12:15-12:45) Lena Yoga – Jenny	Powertone – Lena Yoga - Jendar	Cycle – Liz H Abs and Alignment (12:15-1) Adrienne Yoga - Jenny	Cardio Circuit – Lena/Adrienne Yoga – Kevin	
<b>5:30 p.m.</b>	Cycle – Jessica Pilates Mat - Annie		Cycle - Bre			
<b>6:30 p.m.</b>	Powertone – Jessica	HIGH Fitness – Rachel	Powertone – Bre	Abs and Alignment (6:30-7:15) Lena		
<b>7:30 p.m.</b>	Yoga – Steven	Yoga – Alex	Yoga - Steven	HIGH Fitness – Michelle Yoga - Jessica		