

GROUP EXERCISE SCHEDULE

October 2020

| Time | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | *Class Location Key* | |
|----------|--|---|--|---|---|--|---|-----------------------|
| 5:00 AM | 5:00-6:00 am Track Class w/ Cathy (3-4) | | 5:00-6:00 am Track Class w/ Cathy (3-4) | 5:30-6:30am Cycle Max w/ Lynne (3-5) | | | Group Ex Room | |
| 5:15 AM | | | | | | | BHS Track | |
| 5:30 AM | | | 5:15-6:15 am Warrior Blast w/Amber (4-5) | 5:15-6:15am Cycle w/ Amber(4-5) | 5:15-6:15 am Instructor Choice w/Amber (4-5) | 5:30-6:00am TRX w/ Lynne (3-5) | | Gym |
| 5:45 AM | 5:30-6:30am Cycle Circuits w/ Lynne (3-5) | 5:30-6:30am Track Class w/ Cathy (3-4) | | 5:30-6:30am Track Class w/ Cathy (3-4) | | | Racquetball Court | |
| 6:00 AM | | | | | | | | Cycle Theater |
| 6:15 AM | 9:00-11:00am Pickleball (Come & Go) w/Lori | | | 9:00-11:00am Pickleball w/Lori (Come & Go) | | | Pool | |
| 8:00 AM | | | | | | | Education Room | |
| 8:15 AM | | | | | | | | Cardio/Strength Floor |
| 9:30 AM | | | 9:30-10:30 am On-Screen Cycle (2-3) | 9:30-10:30am Stable, Steady & Strong w/Janea (1) | 10:00- 11:00am Aqua Aerobics w/ Linda (1) | 8:00-8:45 MiX It Up! Look on app w/ Lynne (3-5) | NEW** CLASS LEVEL SCALE 1= Very low impact and/or intensity 2=Low impact / moderate intensity 3= Moderate 4= Mod-High intensity and/or impact 5 = High Impact and Intensity During Harvest Jill's classes maybe cancelled. Use app to sign up so you will know! | |
| 9:45 AM | | 9:30-10:30 am Stable, Steady & Strong w/Janea (1) | | | | | | |
| 10:00 AM | 10:00-11:00 Aqua Aerobics w/ Linda (1) | | 10:00-11:00 Aqua Aerobics w/ Linda (1) | 10:30-11:20am Aqua Zumba w/Jill (3-4) | | | | |
| 10:15 AM | | | | | | | | |
| 10:30 AM | | | | | | | | |
| 10:45 AM | | | | | | | | |
| 11:00 AM | | | | | | Sunday | | |
| 11:15 AM | | | | | | | | |
| 11:30 AM | | 11:30-12:30 am Liquid Magic w/ Rebecca (1) | | 11:30-12:30am Liquid Magic w/ Rebecca (1) | | | | |
| 11:45 AM | | | | | | | | |
| 12:00 PM | | | | | | | | |
| 12:15 PM | | | | | | | | |
| 12:30 PM | | | | | | | | |
| 12:45 PM | | | | | | | | |
| 1:00 PM | | | | | | | | |
| 1:30 PM | 1:30-2:30 pm Stable, Steady & Strong w/Brenna (1-2) | | | 1:30-2:30 pm Stable, Steady & Strong w/ Brenna (1-2) | | | | |
| 1:45 PM | | | | | | | | |
| 2:00 PM | | | | | | | | |
| 3:15 PM | | | | | | | | |
| 3:30 PM | | | | | | | | |
| 4:00 PM | | | | | | | | |
| 4:15 PM | 4:15-5:00pm Cycle w/ Jill (3-5) | | | 4:15-5:00pm Zumba/Zumba Gold w/ Jill (2-3) | | | | |
| 4:45 PM | | | 4:00-6:00pm Pickleball (Come & Go) w/Lori | | | | | |
| 5:00 PM | 5:15-6:10pm Lift + Kickbox w/ Jill (3-4) | | 5:15-6:00pm Lift w/ Jill (3-5) | | | | | |
| 5:15 PM | 5:30-6:30pm Cycle + Weights w/ Amber (3-5) | 5:05-5:35pm PSOAS/ Spine Body Treatment w/ Jill(2-3) | 5:30-6:00pm Cycle w/ Lynne (3-5) | | | | | |
| 5:30 PM | 5:30-6:15pm YOGA Total Body w/ Tara | 5:30-6:00pm Insanity Live! w/ Lynne (3-5) | 5:30-6:30pm Liquid Magic w/ Rebecca | | | | | |
| 5:45 PM | | 5:35-6:30 pm Aqua Zumba w/ Jill (3-4) | 5:00-7:00pm Pickleball (Come & Go) w/Lori | 5:30-6:15pm Restorative YOGA w/ Tara | | | | |
| 6:00 PM | | | | | | | | |
| 6:30 PM | | | | | | | | |
| 6:45 PM | Fit Crew WOD's Workouts posted on app to do on own or with group | | | | | | | |
| | USE THE APP! PLEASE BOOK CLASSES FOR THE WHOLE WEEK OR MORE SO YOUR INSTRUCTOR CAN PREPARE FOR YOU AND IF CLASS CANCELS YOU WILL GET NOTIFIED! | | | | | | | |