

August 26 - December 8 2019

FALL 2019 GROUP FITNESS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Spin 50 6:45-7:35AM Molly	Spin 50 6:45-7:35AM Nick	Spin 50 6:45-7:35AM Francheska	Spin 50 6:45-7:35AM Sarah	Backyard Bootcamp 8:00-8:50AM (until Nov 1*) Libby
Syngy Functional Training 7:00-7:50AM Erin	Backyard Bootcamp 8:00-8:50AM (until Oct 29*) Daniela	Syngy Functional Training 7:00-7:50AM Libby	Sunrise Yoga 7:00-7:50AM Gabby	Vinyasa Flow Yoga 12:30-1:20PM Jess
Vinyasa Flow Yoga 12:30-1:20PM Jess	Spin 30 12:30-1:00PM Amira	Vinyasa Flow Yoga 12:30-1:20PM Jess	Pilates 12:30-1:20PM Daniela	Spin 30 4:30-5:00PM Hilja
Lower Body Strength 4:30-5:00PM Emi	Spin 50 4:30-5:20PM Erika	Spin 30 4:30-5:00PM Molly	Spin 50 4:30-5:20PM Erika	WERQ 5:00-5:50PM Dominique
Upper Body Strength 5:00-5:30PM Emi	Zen Barre 4:30-5:20PM Jodi	Core 30 4:30-5:00PM Libby	Total Body Strength 4:30-5:20PM Abi	Barre 5:30-6:20PM Jessica
Cardio Kickboxing 5:00-5:50PM Amira	Power Yoga 5:00-5:50PM Gabby	Cardio Kickboxing 5:00-5:50PM Daniela	Cardio Kickboxing 5:00-5:50PM Amira	SATURDAY
Core 30 5:30-6:00PM Emi	Syngy Functional Training 5:30-6:20PM Daniela	Total Body Strength 5:30-6:20PM Libby	Syngy Functional Training 5:30-6:20PM Emi	
Spin 50 5:45-6:35PM Francheska	Spin 50 5:45-6:35PM Nathan	Spin 50 5:45-6:35PM Andrew	Spin 50 5:45-6:35PM Hilja	Total Body Strength 11:00-11:50AM Martina
ZUMBA 6:00-6:50PM Dani	ZUMBA 6:00-6:50PM Dani	ZUMBA 6:00-6:50PM Ryn	WERQ 6:00-6:50PM Emily	SUNDAY
Zen Barre 6:30-7:20PM Jodi	Core 30 6:45-7:15PM Abi	Barre 6:30-7:20PM Jessica	Barre 6:30-7:20PM Libby	
Spin 50 7:30-8:20PM Francie	Spin 50 7:30-8:20PM Sarah	Syngy Functional Training 7:00-7:50PM Erin	Spin 50 7:30-8:20PM Nick	Spin 50 5:30-6:20PM Nathan
Total Body Strength 7:45-8:35PM Martina	Total Body Strength 7:30-8:20PM Abi	Spin 50 7:30-8:20PM Francie	Total Body Strength 7:30-8:20PM Ceci	Lower Body Strength 6:00-6:30PM Ceci
Vinyasa Flow Yoga 8:00-8:50PM Jacquelin	Power Yoga 8:00-8:50PM Luke	Total Body Strength 7:45-8:35PM Emi	Vinyasa Flow Yoga 8:00-8:50PM Luke	Upper Body Strength 6:30-7:00PM Ceci
WERQ 9:00-9:50PM Emily	ZUMBA 9:00-9:50PM Ryn	Power Yoga 8:00-8:50PM Jacquelin	ZUMBA 9:00-9:50PM Adriana	Core 30 7:00-7:30PM Ceci
		WERQ 9:00-9:50PM Bogdan		Vinyasa Flow Yoga 7:45-8:35PM Jacquelin

All Group Fitness classes are 50 minutes or 30 minutes in duration.
 All walk-ins are welcome. Admittance is not guaranteed due to space restrictions.
 Please bring a water bottle to all classes. Athletic attire is required.
 Classes must have a minimum of 3 participants to be hosted.
 Outdoor classes at Sean Earl Field will be cancelled if there is incimate weather or
 temperatures (below 40 degrees F)*



KEY
HRC2: Upstairs off of the Cardio Bridge
HRC1: Downstairs on Main Weight Floor
SPIN STUDIO: Upstairs on Cardio Floor
FUNCTIONAL TRAINING STUDIO: Downstairs Main Weight Floor
SEAN EARL FIELD: In front of Norville Athletic Center

