



GROUP FITNESS SCHEDULE-UPTOWN

January 2019

monday	tuesday	wednesday	thursday	friday	saturday
CYCLE 45 5:45 - 6:30am Angelica Cycle Studio		CYCLE 45 5:45 - 6:30am Angelica Cycle Studio	CYCLE 45 6:00-6:45am Simone Cycle Studio	CYCLE 45 5:45 - 6:30am Angelica Cycle Studio	
ZUMBA® 8:00 - 9:00am Amanda MB Studio		ZUMBA® 8:00 - 9:00am Amanda MB Studio		ZUMBA® 8:00 - 9:00am Amanda MB Studio	VINYASA YOGA 7:45 - 8:45am Savannah MB Studio
CYCLE 45 8:30 - 9:15am Daniela Cycle Studio	CYCLE 45 8:00- 8:45am Oscar Cycle Studio		CYCLE 45 8:00- 8:45am Oscar Cycle Studio		CYCLE 45 8:00 - 8:45am Oscar Cycle Studio
ACTIVE ADULT FITNESS 9:00 - 10:00am Amanda GX Studio		ACTIVE ADULT FITNESS 9:00 - 10:00am Timettra GX Studio	CYCLE 45 9:00- 9:45am Simone Cycle Studio	ACTIVE ADULT FITNESS 9:00 - 10:00am Timettra GX Studio	YOUTH FLAMENCO 9:00- 10:00am Angelica MB Studio \$Registration
BARRE PILATES 9:15 - 10:15am Angelica MB Studio	VINYASA YOGA 9:15 - 10:15am Angelica MB Studio	MAT PILATES 9:15 - 10:15am Amanda MB Studio	VINYASA YOGA 9:15 - 10:15am Angelica MB Studio	MAT PILATES 9:15 - 10:15am Amanda MB Studio	STRONGbyZUMBA® 10:15-11:15am Amanda GX Studio
SILVERSNEAKERS® CLASSIC 10:15 - 11:15am Amanda GX Studio	YOGA STRETCH 10:30 - 11:30am Angelica GX Studio	SILVERSNEAKERS® CLASSIC 10:15 - 11:15am Timettra/Amanda GX Studio	YOGA STRETCH 10:30 - 11:30am Angelica GX Studio	SILVERSNEAKERS® CLASSIC 10:15 - 11:15am Timettra GX Studio	<div style="background-color: red; color: white; padding: 5px; text-align: center; font-weight: bold;">class etiquette</div> <p>Be on time to ensure your space in class & prevent injury. Limit talking, it's impolite & distracting to the class and instructor. If you have a special medical consideration, consult your doctor prior to exercise. Wait for classroom to clear before entering. Wear good aerobic shoes (no black soles). No glass containers allowed in the studios. Participants must be 8 years or older and accompanied by an adult. Silence cell phones, no texting and no headphones.</p>
T'AI CHI 10:15 - 11:15am Joan MB Studio	ZUMBA® GOLD 10:30 - 11:30am Bea MB Studio	T'AI CHI 10:15 - 11:15am Joan MB Studio	ZUMBA® GOLD 10:30 - 11:30am Bea MB Studio	T'AI CHI 10:15 - 11:15am Joan MB Studio	
STRIDE CARDIO 11:15 - 12:00pm Amanda GX Studio		STRIDE STRENGTH 11:15 - 12:00pm Amanda & Steven Healthy Living Center		Meditation 11:45 - 12:30pm Angelica GX Studio	

evening classes

m/w	STRONG by ZUMBA® 5:30 - 6:30pm Amanda GX Studio		CIRCUIT 6:00 - 7:00pm Marlon Circuit Landing	CYCLE ENDURANCE 6:30 - 7:30pm Oscar Cycle Studio	RESTORATIVE YOGA 6:30 - 7:30pm Beate MB Studio
	t/th	ZUMBA® 5:00 - 6:00pm Bea MB Studio	CYCLE ENDURANCE 6:30 - 7:30pm Oscar Cycle Studio	BOOT CAMP-Tuesdays only 5:30 - 6:15pm Amanda GX Studio	CORE 6:30-7:00pm Marlon GX Studio
f				TBC 5:30- 6:15pm, Thursdays 7:15- 8:00pm, Tuesdays Amanda GX Studio	RESTORATIVE YOGA 6:30 - 7:30pm Beate MB Studio



GROUP FITNESS SCHEDULE-EAST

January 2019

monday	tuesday	wednesday	thursday	friday	saturday
	Hatha Yoga 8:30 - 9:30am Savannah GR	Yoga 8:30 - 9:30am Angelica GR	Hatha Yoga 8:30 - 9:30am Savannah GR	Yoga 8:30 - 9:30am Angelica GR	
SILVERSNEAKERS® CLASSIC 8:30 - 9:30am Timettra RR	SILVERSNEAKERS® CARDIOFIT 8:30 - 9:30am Timettra RR	SILVERSNEAKERS® CLASSIC 8:30 - 9:30am Beate RR	SILVERSNEAKERS® CARDIOFIT 8:30 - 9:30am Timettra RR	SILVERSNEAKERS® CLASSIC 8:30 - 9:30am Beate RR	ZUMBA® 8:30 - 9:30am Janae RR
ZUMBA® GOLD 9:00 - 10:00am Bea GR		ZUMBA® GOLD 9:00 - 10:00am Bea GR			YOGA I/II 9:45 - 10:45am Iris RR
SILVERSNEAKERS® YOGA 9:45 - 10:30am Savannah RR	ZUMBA® TONING 9:45 - 10:45am Kat RR	SILVERSNEAKERS® YOGA 9:45 - 10:30am Beate RR	ZUMBA® TONING 9:45 - 10:45am Kat RR	SILVERSNEAKERS® YOGA 9:45 - 10:30am Beate RR	<div style="background-color: red; color: white; padding: 5px; text-align: center; font-weight: bold;">class etiquette</div> <p>Be on time to ensure your space in class & prevent injury.</p> <p>Limit talking, it's impolite & distracting to the class and instructor.</p> <p>If you have a special medical consideration, consult your doctor prior to exercise.</p> <p>Wait for classroom to clear before entering.</p> <p>Wear good aerobic shoes (no black soles).</p> <p>No glass containers allowed in the studios.</p> <p>Participants must be 8 years or older and accompanied by an adult.</p> <p>Silence cell phones, no texting and no headphones.</p>
	AAF 9:45 - 10:45am Timettra GR		AAF 9:45 - 10:45am Timettra GR		
evening classes					
YOGA I/II 5:45 - 6:45pm Iris RR	YOGA I/II 5:45 - 6:45pm Savannah RR	YOGA I/II 5:45 - 6:45pm Iris RR	YOGA I/II 5:45 - 6:45pm Savannah RR		
ZUMBA® 7:00 - 8:00pm Janae RR	T'AI CHI 7:00pm - 8:00pm Joan RR	ZUMBA® 7:00 - 8:00pm Janae RR	T'AI CHI 7:00pm - 8:00pm Joan RR		

Classes in framed red boxes are new or classes with changes. Classes, times and instructors are subject to change. We do our best to offer these classes at the times listed, but from time to time, changes occur; join our Class Cancellation List to stay informed. Class minimum average attendance of 12 to remain on the schedule. All classes occur in the Rotary room, unless otherwise noted. Classes in Karate Studio are subject to cancellation due to special program need. All classes are included in your membership.