

Group X Fitness Class Schedule ~ Open to Noon

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30 AM	Les Mills - BODYPUMP Kim Ferguson - Studio B Cycle Spin Dawn Thompson - Studio C	Cardio Strength Gina Lietza - Studio A	Les Mills - BODYCOMBAT Kim Ferguson - Studio B Cycle Spin Dawn Thompson - Studio C	Les Mills - BODYPUMP Kim Ferguson - Studio B	Les Mills - BODYCOMBAT Kim Ferguson - Studio B	
6:15 AM	Fit B4 Work Peggy Karkula - Studio A		Fit B4 Work Peggy Karkula - Studio A			
8:00 AM		Body Strength Deanna Legan - Kensington		Body Strength Deanna Legan - Studio A	Les Mills - RPM Karyn Kasper - Studio C	Bootcamp - Interval Training Julie Spadafora - Gym Cycle Spin Laura Smith - Studio C
8:15 AM		**Golden Age Yoga Janet Fender - Studio A			**Golden Age Yoga Janet Fender - Studio A	
9:00 AM	Better Class Bar None Jill Zezulka - Kensington	Cardio Step Blast Jill Zezulka - Gym	Weights On Wed Jill Zezulka - Kensington	Step-N-Strength Jill Zezulka - Gym		
9:15 AM	Pilates Deanna Legan - Studio A Les Mills - BODYPUMP Nicole Seideler - Gym	Butts & Guts Julie Spadafora - Kensington Zumba Nicole Seideler - Studio B	Les Mills - BODYFLOW Deanna Legan - Studio A Les Mills - BODYCOMBAT Kim Ferguson - Studio B Les Mills - BODYPUMP Nicole Seidler - Gym	Body Strength Deanna Legan - Studio A	Adv Cardio Strength Julie Spadafora - Gym Les Mills - BODYPUMP Nicole Seidler - Studio B	Zumba Nicole Seidler - Studio A Les Mills - BODYFLOW Julie Spadafora - Studio B Les Mills - RPM Karyn Kasper - Studio C Weekend Workout Rima Black - Kensington
10:15 AM		**Yoga Janet Fender - Studio A		**Yoga Janet Fender - Kensington		
10:30 AM					Zumba Nicole Seidler - Studio B	
Noon		Les Mills - BODYPUMP Selina Laurendi - Studio B	Les Mills - BODYFLOW Selina Laurendi - Studio B	Les Mills - BODYPUMP Julie Spadafora - Studio B		

**Denotes Specialty Classes that NOT part of the CORE-Fit Membership.



Group X Fitness Class Schedule ~ 4 p.m. to Close

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00 PM		Cycle Spin Dawn Thompson - Studio C		Cycle Spin Dawn Thompson - Studio C		
6:15 PM		Step it UP! Sharon Camp - Kensington		Cardio Sculpt Sharon Camp - Kensington		
6:30 PM	Les Mills - BODYPUMP Julie Spadafora - Studio A	Les Mills - BODYPUMP Karyn Kasper - Studio B	Les Mills - BODYPUMP Julie Spadafora - Studio A	Les Mills - BODYPUMP Karyn Kasper - Studio B		
	Les Mills - RPM Karyn Kasper - Studio C		Cycle Spin Laura Smith - Studio C			
	**Body Flex Yoga Rose Miller - Kensington		**Body Flex Yoga Rose Miller - Kensington			
7:00 PM	40-Min Blast Peggy Karkula - Studio B	Zumba Nicole Seidler - Kensington	40-Min Blast Peggy Karkula - Studio B	Zumba Nicole Seidler - Kensington		
		Pilates Deanna Legan - Studio A		Les Mills - BODYFLOW Deanna Legan - Studio A		
7:45 PM			Les Mills - BODYFLOW Nicole Seidler - Studio A			
8:00 PM	Total Body Susan Trick - Studio B			Total Body Susan Trick - Studio B		

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