

# GROUP

# FITNESS



## Schedule

Winter 2019

Effective Dec 21, 2018

**INTRODUCING OUR NEW EXPRESS CLASSES** (Shaded classes)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:45–6:45AM <b>Power Shred</b> Carrie GX	5:45–6:30AM <b>HIIT Circuits</b> Carrie GX	5:45–6:30AM <b>Simply Shred</b> Carrie GX	5:45–6:30AM <b>STRIDE</b> ★ Carrie Fitness Cntr	5:45–6:45AM <b>Switch!</b> Carrie GX	8:00–9:00AM <b>Boot Camp</b> Carrie GX
7:15–8:00AM ★ <b>Barre with a Twist</b> Jenny AS	8:30–9:00AM <b>Smartbells Express</b> Bente GX	7:10–7:55AM ★ <b>Pilates Express</b> Margaret AS	8:30–9:30AM <b>TRX Interval</b> Kathleen GX	7:10–7:55AM ★ <b>Pilates Express</b> Margaret AS	8:30–9:25AM <b>Barre Training</b> Heather AS
8:30–9:25AM <b>Barre Training</b> Denise AS	8:30–9:25AM <b>Barre Training</b> Jenny AS	8:30–9:25AM <b>Barre Training</b> Denise AS	8:30–9:15AM <b>BarreExpress</b> Denise AS	8:30–9:25AM <b>Barre Training</b> Heather AS	9:00–10:00AM <b>B.Y.O.B.</b> Bente GX
9:00–9:30AM <b>HYPE 25</b> ★ Carrie GX	9:00–9:30AM <b>Core InFusion</b> ★ Bente GX	8:30–9:30AM <b>BOSU Ab Blast</b> Kerri GX	9:30–10:30AM <b>B.Y.O.B.</b> Bente GX	9:00–9:45AM <b>HIIT Warrior</b> ★ Kathleen GX	9:30–10:30AM <b>Barre Training</b> Abbi AS
9:30–10:25AM <b>Core Shred</b> Carrie GX	9:30–10:30AM ★ <b>To the MAX</b> Kathleen GX	9:30–10:30AM <b>Power Shred</b> Carrie GX	9:30–10:15AM <b>BarreExpress</b> Denise AS	9:30–10:25AM <b>Barre Training</b> Heather AS	10:00–10:30AM <b>Core Express</b> Bente GX
9:30–10:25AM <b>Barre Training</b> Denise AS	9:30–10:30AM <b>Barre Training</b> Heather AS	9:30–10:25AM <b>Barre Training</b> Denise AS	10:30–11:30AM <b>Zumba</b> Jorge GX	9:45–10:30AM ★ <b>Freakin' Friday!</b> Kerri GX	10:30–11:30AM 😊 <b>CardioX</b> Alena AS
10:30–11:25AM <b>Barre Training</b> Robyn AS	10:30–11:30AM <b>Zumba</b> Shahidah GX	10:30–11:25AM <b>Barre Training</b> Denise AS	12:00–12:55PM <b>Barre Training</b> Robin AS	10:30–11:30AM <b>Zumba Toning</b> Bea GX	10:30–11:30AM <b>Zumba</b> Shahidah GX
10:30–11:30AM <b>DanceFit Fusion</b> Alena GX	10:30–11:45AM <b>Fitness Stretch</b> Helen AS	10:30–11:30AM <b>Dance 'n' Sculpt</b> Kerri GX		10:30–11:30AM <b>Fitness Stretch</b> Helen AS	
12:00–1:00PM <b>Seniorellas!</b> Bente AS		12:00–1:00PM <b>Seniorellas!</b> Bente AS		12:00–1:00pm <b>Zumba Gold</b> Helen GX	
4:15–5:00PM ★ <b>Monday Mania</b> Kerri GX	12:00–1:00PM <b>Zumba Gold</b> Helen GX	5:30–6:30PM ★ <b>BodyWorx</b> Bente GX		<b>Sunday</b>	
5:30–6:30PM ★ <b>Core InFusion</b> Lyn GX	4:30–5:25PM <b>Barre Training</b> Louise AS	7:00–9:00PM \$ <b>Aikido Martial Arts</b> Registration req. A	4:30–5:30PM <b>Barre Training</b> Lori AS	9:30–10:30AM <b>Boot Camp</b> Lyn GX	10:30–11:30AM <b>Zumba</b> Jorge GX
6:30–7:30PM <b>Barre Training</b> Louise AS	5:30–6:30PM ★ <b>CardioX</b> Lyn AS	6:30–7:30PM <b>Barre Training</b> Abbi AS	6:00–7:00PM ★ <b>Core Yoga Sculpt</b> Lyn Yoga Studio	9:30–10:30AM <b>Barre Training</b> Rotating Instructors AS	10:30–11:30AM <b>Barre Training</b> Rotating Instructors AS
7:30–9:30PM <b>Aikido Martial Arts</b> Registration req. A	7:00–9:00PM \$ <b>Aikido Martial Arts</b> Registration req. A				

Express classes are either 45 or 30 minute specialty classes designed to get you in and out quickly while providing an intense shortened workout. Add them onto your favorite class or use them as stand alone "Express" workouts!

### KEY

AS = Aerobics Studio	★ = New Class
GX = GX Studio	🕒 = New Time
A = Studio A	😊 = New Instructor
YS = Yoga Studio	\$ = Fee-based Class

- Instructors subject to change without notice.
  - Children must be 12 years and older.
- Please refer to Yoga Schedule for all Yoga classes  
Please refer to Group Cycle Schedule for all Group Cycle classes

**Note:** Note: NEW SIGN UP PROCEDURE! Introducing Saw Mill Club APP for all Spin bikes. FREE Sign up is open 23 hours before class. Sign-up is required to all Spin classes. You may also call the front desk for sign up. No Shows charged \$10. Cancel on App 60 minutes prior to class start