

GROUP EXERCISE SCHEDULE

July 2024



MONDAY		TUESDAY		WEDNESDAY	
MORNING	AFTERNOON	MORNING	AFTERNOON	MORNING	AFTERNOON
<p>7 AM POWER YOGALATES WITH DEBBIE R. <i>GROUP EXERCISE</i></p> <p>8 AM STRENGTH FUSION WITH ANGIE H. <i>GROUP EXERCISE</i></p> <p>8 AM FOUNDATIONAL FLOW WITH RACHAEL C. <i>MIND/BODY</i></p> <p>9 AM HIGH FITNESS WITH EMILY R. <i>GROUP EXERCISE</i></p> <p>9 AM SPINNING ENERGY ZONES WITH BRYAN L. <i>SPIN STUDIO</i></p> <p>10 AM YOGA ALIGN LULU G. <i>MIND/BODY</i></p> <p>10 AM BARRE METHOD LINDSEY D. <i>GROUP EXERCISE</i></p> <p>11 AM LOW IMPACT ZUMBA WITH DIANA S. <i>GROUP EXERCISE</i></p> <p>11 AM FUNCTIONAL MOVEMENT WITH JOSEPH D. <i>MIND/BODY</i></p>	<p>12-12:45 PM JEWISH MEDITATION WITH RABBI COHEN <i>MIND/BODY</i></p> <p>12 PM FOREVER FIT WITH DIANA S. <i>GROUP EXERCISE</i></p> <p>4:30 PM POSTURE & MOBILITY WITH SHAWN F. <i>MIND/BODY</i></p> <p>5:30 PM WARRIOR BOOTCAMP WITH JENNY O. <i>GROUP EXERCISE</i></p> <p>6 PM YIN YOGA WITH DOMINIQUE S. <i>MIND/BODY</i></p> <p>6:30 PM SPIN LULU G. <i>SPIN STUDIO</i></p> <p>6:30 PM BOUNCE & BURN LOS PAPIS <i>GROUP EXERCISE</i></p> <p>7 PM SOUND & SLOW FLOW WITH BRIANA P. <i>MIND/BODY</i></p>	<p>6:10 AM WARRIOR BOOTCAMP WITH JENNY O. <i>GROUP EXERCISE</i></p> <p>7 AM FOUNDATIONAL FLOW WITH BRIANA P. <i>MIND/BODY</i></p> <p>8 AM ZUMBA WITH LOS PAPIS <i>GROUP EXERCISE</i></p> <p>8-8:45 AM SPIN WITH ANGIE H. <i>SPIN STUDIO</i></p> <p>9 AM BARRE WITH CHELSEA H. <i>GROUP EXERCISE</i></p> <p>9 AM POWER VINYASA WITH TRACY L. <i>MIND/BODY</i></p> <p>10 AM MAT PILATES WITH LEE V. <i>MIND/BODY</i></p> <p>10 AM STRENGTH EXPLOSION WITH DAVID G. <i>GROUP EXERCISE</i></p> <p>11 AM BODY ENGINEERING WITH LEE V. <i>GROUP EXERCISE</i></p> <p>11 AM LOW IMPACT AEROBICS WITH ANGIE H. <i>MIND/BODY</i></p>	<p>12 PM POWER VINYASA WITH ROBYN S. <i>MIND/BODY</i></p> <p>12 PM STRENGTH FUSION WITH MELISA C. <i>GROUP EXERCISE</i></p> <p>5 PM WARRIOR BOOTCAMP WITH MELISA C. <i>GROUP EXERCISE</i></p> <p>5:30 PM ROLL & RELEASE WITH SHAWN F. <i>MIND/BODY</i></p> <p>6 PM WERQ WITH SUE K. <i>GROUP EXERCISE</i></p> <p>7 PM POWER VINYASA WITH ROBYN S. <i>MIND/BODY</i></p> <p>7 PM AQUA AEROBICS WITH TINA M. <i>POOL</i></p>	<p>7 AM MAT PILATES WITH EMMI C. <i>MIND/BODY</i></p> <p>7 AM SPINNING ENERGY ZONES WITH BRYAN L. <i>SPIN STUDIO</i></p> <p>8 AM STRENGTH FUSION WITH ANGIE H. <i>GROUP EXERCISE</i></p> <p>9 AM POSTURE & MOBILITY WITH SHAWN F. <i>MIND/BODY</i></p> <p>9 AM BEAT JENNIFER W. <i>GROUP EXERCISE</i></p> <p>10 AM BARRE METHOD WITH LINDSEY D. <i>GROUP EXERCISE</i></p> <p>11 AM CLASSICAL HATHA YOGA WITH KATHY J. <i>MIND/BODY</i></p> <p>11 AM STEP AEROBICS WITH EILEEN S. <i>GROUP EXERCISE</i></p> <p>11:30 AM-12:15 PM ZUMBA GOLD WITH BECKY S. <i>BARBARA TOCKER EDUCATION CENTER</i></p>	<p>12 PM SLOW FLOW WITH REVITAL H. <i>MIND/BODY</i></p> <p>12 PM LOW IMPACT ZUMBA WITH SERGIO R. <i>GROUP EXERCISE</i></p> <p>12 PM SPIN WITH ANGIE H. <i>SPIN STUDIO</i></p> <p>1 PM RESTORATIVE YOGA WITH REVITAL H. <i>MIND/BODY</i></p> <p>4:30 PM VINYASA YOGA WITH VICKIE K. <i>MIND/BODY</i></p> <p>5:30 PM WARRIOR BOOTCAMP WITH MELISA C. <i>GROUP EXERCISE</i></p> <p>6 PM SPINNING ENERGY ZONES WITH BRYAN L. <i>SPIN STUDIO</i></p> <p>6 PM YIN YOGA WITH DOMINIQUE S. <i>MIND/BODY</i></p> <p>6:30 PM HIGH FITNESS WITH SARAH B. <i>GROUP EXERCISE</i></p> <p>7 PM VINYASA YOGA WITH MEG L. <i>MIND/BODY</i></p>

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to make a
reservation.

GROUP EXERCISE SCHEDULE

July 2024



THURSDAY		FRIDAY		SATURDAY													
MORNING	AFTERNOON	MORNING	AFTERNOON														
6:10 AM WARRIOR BOOTCAMP WITH JENNY O. <i>GROUP EXERCISE</i>	12 PM CARDIO STRENGTH WITH BRIE M. <i>GROUP EXERCISE</i>	7 AM POWER YOGALATES WITH DEBBIE R. <i>GROUP EXERCISE</i>	11 AM HIGHbrid WITH ALLISON T. <i>GROUP EXERCISE</i>	8:10-8:50 AM WARRIOR BOOTCAMP WITH MOLLY M. <i>GROUP EXERCISE</i>	9 AM POWER VINYASA WITH BEN J. <i>MIND/BODY</i>												
8 AM BOUNCE & BURN WITH LOS PAPIS <i>GROUP EXERCISE</i>	12 PM FOUNDATIONAL FLOW WITH RACHAEL C. <i>MIND/BODY</i>	8 AM SPINNING ENERGY ZONES WITH BRYAN L. <i>SPIN STUDIO</i>	12 PM LOW IMPACT AEROBICS WITH ANGIE H. <i>GROUP EXERCISE</i>	8:30 AM SPINNING ENERGY ZONES WITH BRYAN L. <i>SPIN STUDIO</i>	10 AM MAT PILATES WITH LEE V. <i>MIND/BODY</i>												
8 AM AQUA AEROBICS WITH ANGIE H. <i>POOL</i>	5 PM MAT PILATES WITH LAUREN S. <i>MIND/BODY</i>	8 AM CARDIO STRENGTH WITH JENNIFER W. <i>GROUP EXERCISE</i>	1 PM POWER VINYASA WITH ROBYN S. <i>MIND/BODY</i>	9 AM CARDIO DANCE WITH APRIL K. <i>GROUP EXERCISE</i>	11 AM BODY ENGINEERING WITH LEE V. <i>GROUP EXERCISE</i>												
9 AM BARRE WITH CHELSEA H. <i>GROUP EXERCISE</i>	6 PM BARRE WITH CHELSEA H. <i>GROUP EXERCISE</i>	9 AM CARDIO DANCE WITH APRIL K. <i>GROUP EXERCISE</i>	<div style="background-color: #00a6c9; color: white; padding: 5px; text-align: center;"> SUNDAY </div> <table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="width: 50%;">MORNING</th> <th style="width: 50%;">AFTERNOON</th> </tr> </thead> <tbody> <tr> <td> 8:30-9:15 AM SPIN WITH ANGIE H. <i>SPIN STUDIO</i> </td> <td> 11:30 AM QIGONG WITH ANNETTE P. <i>MIND/BODY</i> </td> </tr> <tr> <td> 9 AM POWER VINYASA WITH BEN J. <i>MIND/BODY</i> </td> <td> 11:30 AM - 12 PM BABY DANCE PARTY WITH LOS PAPIS <i>GROUP EXERCISE</i> <i>*FIRST SUNDAY OF THE MONTH</i> </td> </tr> <tr> <td> 9:30 AM STRENGTH FUSION WITH ANGIE H. <i>GROUP EXERCISE</i> </td> <td> 4-5:30 PM ISRAELI DANCING WITH MIRIAM C. <i>GROUP EXERCISE</i> </td> </tr> <tr> <td> 10:30 AM WERQ WITH SUE K. <i>GROUP EXERCISE</i> </td> <td></td> </tr> <tr> <td> 10:30 AM CLASSICAL HATHA YOGA WITH DOMINIQUE S. <i>MIND/BODY</i> </td> <td></td> </tr> </tbody> </table>			MORNING	AFTERNOON	8:30-9:15 AM SPIN WITH ANGIE H. <i>SPIN STUDIO</i>	11:30 AM QIGONG WITH ANNETTE P. <i>MIND/BODY</i>	9 AM POWER VINYASA WITH BEN J. <i>MIND/BODY</i>	11:30 AM - 12 PM BABY DANCE PARTY WITH LOS PAPIS <i>GROUP EXERCISE</i> <i>*FIRST SUNDAY OF THE MONTH</i>	9:30 AM STRENGTH FUSION WITH ANGIE H. <i>GROUP EXERCISE</i>	4-5:30 PM ISRAELI DANCING WITH MIRIAM C. <i>GROUP EXERCISE</i>	10:30 AM WERQ WITH SUE K. <i>GROUP EXERCISE</i>		10:30 AM CLASSICAL HATHA YOGA WITH DOMINIQUE S. <i>MIND/BODY</i>	
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Group Exercise Cancellation / No-show Policy

Class Reservations: Reservations are required to participate in all Group Exercise classes. Reservations can be made one week prior to the class date and time.

Class Cancellations: In the event that your plans change, and you are unable to attend class, we kindly request that all members cancel their reservation by 7:00pm the evening before the scheduled class.

Class No-Shows: A \$10 fee will be charged for no-shows. This fee will be automatically applied to the credit card on file.

Scan here
for class
descriptions

