

GROUP EXERCISE SCHEDULE

October 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>9 AM MINDFUL MOVEMENT* WITH BAR S. <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 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 KRAV MAGA WITH ANNETTE P. <i>JCC STUDIO</i></p>	<p>6:10 AM WARRIOR BOOTCAMP WITH JENNY O. <i>GROUP EXERCISE</i></p> <p>7 AM FLOW* WITH BRIANA P. <i>MIND/BODY</i></p> <p>8-8:45 AM SPIN WITH ANGIE H. <i>SPIN STUDIO</i></p> <p>8 AM MIND BODY FUSION* WITH ZOE M. <i>MIND/BODY</i></p> <p>8 AM HIGH FITNESS WITH SARAH B. <i>GROUP EXERCISE</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>4 PM BOUNCE & BURN* WITH COURTNEY Z. <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>7-8 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>8 AM GENTLE YOGA* WITH ZOE M. <i>MIND/BODY</i></p> <p>8 AM WAKLING CLUB* WITH MICHELLE G. KAUFMAN FAMILY LIVING ROOM *BEGINNER & EXPERIENCED</p> <p>9 AM POSTURE & MOBILITY WITH SHAWN F. <i>MIND/BODY</i></p> <p>9 AM ZUMBA WITH LOS PAPIS <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. BARBARA TOCKER EDUCATION CENTER</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>12:15-12:45 PM GENTLE CHAIR YOGA* WITH BECKY S. BARBARA TOCKER EDUCATION CENTER</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 BARRE WITH CHELSEA H. <i>GROUP EXERCISE</i></p> <p>7 PM VINYASA YOGA WITH MEG L. <i>MIND/BODY</i></p>

PINK* NEW TIME
GREEN** NEW CLASS

All Group Exercise classes are 50 minutes unless specified.



Scan here
to make a
reservation.



GROUP EXERCISE SCHEDULE

October 2024



THURSDAY		FRIDAY		SATURDAY	
MORNING	AFTERNOON	MORNING	AFTERNOON	MORNING	AFTERNOON
<p>6:10 AM WARRIOR BOOTCAMP WITH JENNY O. <i>GROUP EXERCISE</i></p> <p>7 AM FLOW* BRIANA P. <i>MIND/BODY</i></p> <p>8 AM BOUNCE & BURN WITH LOS PAPIS <i>GROUP EXERCISE</i></p> <p>8 AM AQUA AEROBICS WITH ANGIE H. <i>POOL</i></p> <p>8 AM MIND BODY FUSION* WITH ZOE M. <i>MIND/BODY</i></p> <p>9 AM MINDFUL MOVEMENT* WITH BAR S. <i>MIND/BODY</i></p> <p>9 AM BARRE WITH CHELSEA H. <i>GROUP EXERCISE</i></p> <p>10 AM SCULPT & BURN WITH CORTNEY Z. <i>GROUP EXERCISE</i></p> <p>10 AM POWER VINYASA WITH ROBYN S. <i>MIND/BODY</i></p> <p>11 AM FUNCTIONAL MOVEMENT WITH JOSEPH D. <i>MIND/BODY</i></p>	<p>11 AM LOW IMPACT ZUMBA WITH DIANA S. <i>GROUP EXERCISE</i></p> <p>12 PM FOREVER FIT* WITH DIANA S. <i>GROUP EXERCISE</i></p> <p>5 PM MAT PILATES WITH LAUREN S. <i>MIND/BODY</i></p> <p>6 PM FOUNDATIONAL FLOW WITH RACHAEL C. <i>MIND/BODY</i></p> <p>6 PM WERQ* WITH ROCHELLE K. <i>GROUP EXERCISE</i></p>	<p>7 AM POWER YOGALATES WITH DEBBIE R. <i>GROUP EXERCISE</i></p> <p>8 AM SPINNING ENERGY ZONES WITH BRYAN L. <i>SPIN STUDIO</i></p> <p>8 AM STRENGTH FUSION WITH JENNIFER W. <i>GROUP EXERCISE</i></p> <p>9 AM CARDIO DANCE WITH APRIL K. <i>GROUP EXERCISE</i></p> <p>9 AM VINYASA YOGA WITH VICKIE K. <i>MIND/BODY</i></p> <p>10 AM AQUA AEROBICS WITH ANGIE H. <i>POOL</i></p> <p>10 AM BARRE METHOD WITH PRITI J./ NAOMI G. <i>GROUP EXERCISE</i> <i>*INSTRUCTORS</i> <i>CHANGE BI-WEEKLY</i></p> <p>10 AM YOGA ALIGN WITH LULU G. <i>MIND/BODY</i></p>	<p>12 PM LOW IMPACT AEROBICS WITH ANGIE H. <i>GROUP EXERCISE</i></p> <p>1-2 PM POWER VINYASA* WITH ROBYN S. <i>MIND/BODY</i></p> <p>3 PM WERQ* WITH ROCHELLE K. <i>GROUP EXERCISE</i></p>	<p>8:30 AM SPINNING ENERGY ZONES WITH BRYAN L. <i>SPIN STUDIO</i></p> <p>9 AM CARDIO DANCE WITH APRIL K. <i>GROUP EXERCISE</i></p> <p>9 AM POWER VINYASA WITH BEN J. <i>MIND/BODY</i></p>	<p>10 AM MAT PILATES WITH LEE V. <i>MIND/BODY</i></p> <p>11 AM BODY ENGINEERING WITH LEE V. <i>GROUP EXERCISE</i></p>
<div style="background-color: #00a6c9; color: white; padding: 5px; text-align: center;"> <h3>SUNDAY</h3> </div>					
				<p>8:30-9:15 AM SPIN WITH ANGIE H. <i>SPIN STUDIO</i></p> <p>9 AM MINDFUL MOVEMENT* WITH BAR S. <i>MIND/BODY</i></p> <p>9:30 AM STRENGTH FUSION WITH ANGIE H. <i>GROUP EXERCISE</i></p> <p>10:30 AM WERQ WITH SUE K. <i>GROUP EXERCISE</i></p> <p>10:30 AM CLASSICAL HATHA YOGA WITH DOMINIQUE S. <i>MIND/BODY</i></p> <p>11:30 AM QIGONG WITH ANNETTE P. <i>MIND/BODY</i></p>	
			<div style="background-color: #e0e0e0; padding: 10px; text-align: center;"> <p>Scan here for our cancellation policy</p>  </div>		
			<div style="background-color: #e0e0e0; padding: 10px; text-align: center;"> <p>Scan here for class descriptions</p>  </div>		