

FEBRUARY | WEST | GROUP CLASSES

Cardio, core or strength, we offer over 30 options to get you moving.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
GRIT® plus CORE 15 5 am Jennifer M.	CYCLE 60 5 am Angie	BODY PUMP® 5 am Jennifer M.	CYCLE 60 5 am Angie	TABATA BOOT CAMP 45 5 am Jennifer M.		
ZUMBA® GOLD 7:15 am Eva	SENIOR FIT 7:15 am Penny	ZUMBA® GOLD 7:15 am Eva	SENIOR FIT 7:15 am Sarah	SENIOR YOGA 7:15 am Eva	GRIT® 7:15 am Danielle	
GENTLE YOGA 8 am Beth	TRX CORE 8 am Penny	YOGA 8 am Penny	TRX CORE 8 am Penny	BODY PUMP® 8:15 am Jodi	BODY PUMP® 8 am Lindsay	
CYCLE 60 8 am Mary		CYCLE 60 8 am Mary				
	CARDIO FIT 30 8:30 am Jodi		CARDIO FIT 30 8:30 am Jodi			
					CYCLE 60 9:15 am Deborah	
BODY PUMP® 9:15 am Casi	YOGA 9 am Jodi	BODY PUMP® 9:15 am Jodi	YOGA 9 am Jodi	TRX FIT 9:15 am Penny	BOOT CAMP 9:15 am Dan	
BODY FLOW® 10:15 am Becca					POUND™ 10:30 am Lisa	
						BOOT CAMP 11:00 am Dan
	BODY PUMP® 45 12 pm Casi	TABATA BOOT CAMP 45 12 pm Nichole	BODY PUMP® 45 12 pm Casi			
		GRIT® 4:45 pm Jen				YOGA FLOW 3:30 pm Brooke
TRX FIT 5:30 pm Penny		BODY PUMP® 5:30 pm Jen				
CYCLE 60 5:30 pm Debbie	CARDIO FIT 60 5:30 pm Penny	CYCLE 60 5:30 pm Debbie	CARDIO FIT 60 5:30 pm Penny			
BODY PUMP® 6:30 pm Danielle	YOGA FLOW 6:30 pm Brooke	WERQ® Dance Fitness 6:30 pm Kayla	YOGA FLOW 6:30 pm Brooke			

New Class!

New Class!

AQUA | **CARDIO** | CORE | SENIORS | STRENGTH | KIDS

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
CYCLE 45 5:30 am Jonet	BOOT CAMP 5:15 am Charlie	CYCLE 45 5:30 am Jonet	BOOT CAMP 5:15 am Charile	CYCLE 45 5:30 am Jonet		
		CYCLE PLUS 7:30 am Melanie				
F.I.T. - Freestyle Interval Training 8 am Charlie	F.I.T. - Freestyle Interval Training 8 am Charlie	F.I.T. - Freestyle Interval Training 8 am Charlie	F.I.T. - Freestyle Interval Training 8 am Charlie	F.I.T. - Freestyle Interval Training 8 am Charlie	BODY PUMP® 8 am Johnna	
	BODY FLOW® 9 am Morgan Soft Studio		BODY FLOW® 9 am Morgan Soft Studio		BOOT CAMP 9 am Carliss	
BURN AT THE BARRE PILATES 9:15 am Jessica Soft Studio		BURN AT THE BARRE PILATES 9:15 am Jessica/ Becca Soft Studio		BURN AT THE BARRE PILATES 9:15 am Jessica Soft Studio		
		CORE CONDITIONING 10 am Diana			ZUMBA® 10 am Courtney	
BODY PUMP® 12 pm Johnna	BOXFIT45 12 pm Eli	BOOT CAMP 12 pm Carliss	BOXFIT45 12 pm Carliss	POUND™ 12:00 pm Carliss		
	YOGA FLOW 45 12 pm Samantha Soft Studio		YOGA FLOW 45 12 pm Samantha Soft Studio			
						RESTORATIVE YOGA 4 pm Leah Soft Studio
CYCLE 60 5:30 pm Melanie	BOOT CAMP 5:30 pm Carliss	CYCLE 60 PLUS 5:30 pm Carliss	ZUMBA® 5:30 pm Courtney			
POUND™ 5:30 pm Carliss	BARRE PILATES 5:30 pm Lauren Soft Studio	BODY PUMP® 5:30 pm Johnna	BARRE PILATES 5:30 pm Lauren Soft Studio			
CYCLE 45 6:30 pm Carliss	ZUMBA TONING® 6:30 pm Jenny A		BOOT CAMP 6:30 pm Carliss			
Self Defense60 6:30 pm Eli *Pay Class		Self Defense60 6:30 pm Eli *Pay Class				

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BODY PUMP® 5 am Megan SA		BODY PUMP® 5 am Dana SA		TRX BOOT CAMP 5 am Tara SA		
	BOOT CAMP 5 am Tara SA/BBall Court		GRIT® 5:15 am Tara SA		GRIT® 7:15 am Megan SA	
BOOT CAMP 8:00 am Dana SA	ZUMBA® 8 am Niki SA	BOOT CAMP 8 am Barb/Dana SA	ZUMBA® 8 am Courtney SA	BODY COMBAT® 45 8 am Melissa SA	TRX BOOT CAMP 8 am Crystal SA	
SENIOR AQUA 8:15 am Vicki	YOGA ONE 8 am Alicia	SENIOR AQUA 8:15 am Jen	YOGA ONE 8 am Alicia	SENIOR AQUA 8:15 am Vicki	BARRE 8 am JEANNIE SB	
	GRIT® plus CORE15 9:05 am Jen SA		GRIT® plus CORE15 9:05 am Dana SA		<i>New Class!</i>	
BODY PUMP® 9 am Jen SA	CYCLE 60 9:05 am Barb SB	BODY PUMP® 9 am Sarah SA	CYCLE 60 9:05 am Barb SB	BODY PUMP® 9 am Rachel SA	BODY COMBAT® 9 am Theresa SA	
AQUA FIT60 9 am Vicki	AQUA ZUMBA® 9:15 am Dana	AQUA FIT60 9 am Jen	AQUA FIT60 9 am Vicki	AQUA FIT 60 9 am Vicki	YOGA FLOW 9 am SB Brooke	
		BARRE 9 am JEANNIE SB	<i>New Class!</i>		YOGA FLOW 10 am SB Brooke	
WERQ® Dance Fitness 10 am Kayla SA	TRX FIT 10 am Jen SA	WERQ® Dance Fitness 10 am Kayla SA	TRX FIT 10 am Jen SA	ZUMBA® TONING 10am Courtney SA		
YOGA 10 am Lisa C. SB		YOGA 10 am Chrissie SB		YOGA 10 am Chrissie SB	BODY PUMP® 10 am Theresa SA	
ZUMBA® GOLD 11:15 am Dana	SENIOR FIT 11:15 am CHARLIE	ZUMBA® GOLD 11:15 am Dana	SENIOR FIT 11:15 am JEN			
	<i>New Class!</i>	TRX BOOT CAMP 4:30 pm Crystal SA				GRIT® 4 pm Kai/ Morgan SA
GRIT® plus CORE15 5:30 pm Theresa SA	BODY COMBAT® 5:30 pm Theresa SA		BODY COMBAT® 5:30 pm Theresa SA			BODY FLOW® 4:35 pm Kai/ Morgan SA
KIDS MOVEMENT 5:30 pm Niki SB	PILATES 5:30 pm Kristen SB	STRONG 5:30 pm Courtney SA	PILATES 5:30 pm Kristen SB			
	AQUA ZUMBA® 5:35 pm Courtney		AQUA ZUMBA® 5:35 pm Jennifer			
		ZUMBA® 6:30 pm Megan SA				
ZUMBA® 6:30 pm Courtney SA	BODY PUMP® 6:30 pm Haley SA		BODY PUMP® 6:30 pm Theresa SA			
	YOGA 6:30 pm Lisa C. SB		YOGA 6:30 pm Irene SB			

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
CYCLE HR 5 am Mary	F.I.T. (Freestyle Interval Training) 5 am Catherine	CYCLE HR 5 am Mary	F.I.T. (Freestyle Interval Training) 5 am Catherine	GRIT plus CORE 30 5 am Catherine		
RPM® VIRTUAL 6 am	GRIT® 6 am Katie	RPM® 6 am David	GRIT® 6 am Katie	CYCLE HR 6 am Sandi		
TABATA BOOT CAMP 45 8 am Sarah T.	BARRE 8 am Lauren	GRIT® 8 am Catherine	BARRE 8 am Lauren	STRONG 8 am Dana	GRIT® 7:30 am Becca/Kai/Jen	
SENIOR AQUA 8:15 am Severin		SENIOR AQUA 8:15 am Severin			AQUA FIT45 8:15 am Marie	
	AQUA FIT45 9 am Severin	AQUA ZUMBA® 9:15 am Courtney	AQUA FIT45 9 am Severin	TURBO AQUA 60 9 am Severin	BODYFLOW 8:15 am Becca/Kai	
BODY PUMP® 9 am Mellissa	ZUMBA® TONING 9 am Courtney	BODY PUMP® 9 am Mellissa	WERQ® Dance Fitness 9 am Kayla	BODY PUMP® 9 am Mellissa	ZUMBA® TONING 9:15 am Kai	
TRX CORE 10:15 am Melissa	YOGA 10 am Chrissie	TRX CORE 10:15 am Melissa	YOGA 10 am Penny		THE GAUNTLET 10 am Glenn	
					POUND® 10:15 am Stephanie	
SENIOR FIT 11 am Marie		SENIOR FIT 11 am Marie	TAI CHI 11 am Marie	SENIOR FIT 11 am Marie		
	SENIOR AQUA 11:15 am Severin		SENIOR AQUA 11:15 am Severin			
TRX MAX 12 pm Catherine	TABATA BOOT CAMP 45 12 pm Sarah T.	TRX MAX 12 pm Catherine	TABATA BOOT CAMP 45 12 pm Sarah	RESTORATIVE YOGA 12 pm Andreina		
STRONG 4:30 pm Dana						GRIT® 3:15 pm Katie
	POWER CYCLE 30 5 pm Sarah	YOGA 5 pm Irene	POWER CYCLE 30 5 pm Sarah			BODY PUMP® 4 pm Mackenzie
BOOT CAMP 5:30 pm Jennifer B.	BODY PUMP® 5:30 pm Mackenzie		BODY PUMP® 5:30 pm Haley			
AQUA FIT60 5:30 pm Marie		AQUA FIT60 5:30 pm Marie				
BODYFLOW® 6:30 pm Kai	TRX MAX 6:30 pm Catherine	GRIT® plus CORE 30 6 pm Catherine	TRX MAX 6:30 pm KATIE			
	THE GAUNTLET 7 pm Glenn	POUND® 7 pm Lisa Cl	THE GAUNTLET 7 pm Glenn			

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