

WEST

GROUP CLASSES

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

MONDAY

5:00am **GRIT**® plus **CORE** - Mallorie
7:15am **ZUMBA**® **GOLD** - Eva
8:00am **GENTLE YOGA** - Beth
8:00am **CYCLE 60** - Mary
9:15am **BODY PUMP**® - Rachel
12:00pm **TRX**® **FIT 45** - Nichole
5:30pm **CYCLE 60** - Penny
5:30pm **BOX FIT** - Mallorie
6:30pm **BODY PUMP**® - Danielle

WEDNESDAY

5:00am **BODY PUMP**® - Jennifer M.
7:15am **ZUMBA**® **GOLD** - Eva
8:00am **YOGA** - Jodi
8:00am **CYCLE 60** - Mary
9:15am **BODY PUMP**® - Penny
12:00pm **BOOTCAMP 45** - Nichole
5:30pm **CYCLE 45** - Jessica
5:30pm **BODY PUMP**® - Mallorie
6:30pm **WERQ**® **Dance Fitness** - Kayla

FRIDAY

5:00am **BOOTCAMP 45** - Jennifer M
7:15am **GENTLE YOGA** - Eva
8:15am **BODY PUMP**® - Jodi
9:15am **TRX**® **FIT** - Penny

SATURDAY

7:15am **GRIT**® - Rotation
8:00am **BODY PUMP**® - Lindsay
9:15am **CYCLE 45** - Kennedy
9:15am **BOOTCAMP** - Dan
10:30am **WERQ**® **Dance Fitness** - Rotation

TUESDAY

5:00am **CYCLE 60** - Angie
7:15am **SENIOR FIT** - Penny
8:00am **TRX**® **CORE** - Penny
8:30am **FIT 30** - Jodi
9:00am **YOGA 30** - Jodi
12:00pm **BODY PUMP**® 45 - Casi
5:30pm **FIT 60** - Penny
6:30pm **YOGA** - Brooke

THURSDAY

5:00am **CYCLE 60** - Angie
7:15am **SENIOR FIT** - Sarah
8:00am **CXCORE**® - Sarah
8:30am **FIT 30** - Jodi
9:00am **YOGA 30** - Jodi
12:00pm **BODY PUMP**® 45 - Casi
1:00pm **GX FOUNDATIONS** - Mallorie
5:00pm **BODY ATTACK**® 30 - Elizabeth
5:30pm **FIT 60** - Penny
6:30pm **YOGA** - Brooke



SUNDAY

11:00am **BOOTCAMP** - Dan
3:30pm **YOGA** - Brooke

LES MILLS® classes: **BODYATTACK**®, **BODYCOMBAT**®,
BODYPUMP®, **BODYSTEP**®, **GRIT**®,
CXCORE®, and **RPM**®,

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GROUP CLASSES

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

Upcoming Events:

DISNEY® On Ice

Complete 5 group exercise classes in 30 days and be entered to win 4 tickets to **Disney® On Ice!**

5 in 30 cards will be located at the front desk and in each group exercise studio. When completed, hand in your card to the front desk or instructor.

Complete as many cards as you want!

NEW CLASS!!!

BODY ATTACK®

BODY ATTACK® is a sports-inspired cardio workout for building strength and stamina. This high-energy interval training class combines athletic cardio movements with strength and stabilization exercises. Most of all this class is **FUN!**

NEWBURGH

Thursday 9:00am

Sunday 8:00am

NORTH

Wednesday 8:00am

Wednesday 6:00pm

EAST

Tuesday 6:00am

Thursday 6:00 am

WEST

Thursday 5:00pm

EAST

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

MONDAY

5:30am **CYCLE 45** - Jonet
8:00am **FIT 45** - Charlie
9:30am **BARRE PILATES** - Jessica (SS)
12:00pm **BODY PUMP® 45** - Johnna
4:30pm **WERQ® Dance Fitness** - Sara C
5:30pm **CYCLE 60** - Melanie
5:30pm **POUND®** - Carliss
6:30pm **SELF DEFENSE** (pay class) - Eli

TUESDAY

5:15am **BOOTCAMP** - Charlie
6:00am **BODY ATTACK® 45** - Dana
8:00am **FIT 45** - Charlie
12:00pm **BOX FIT 45** - Eli
12:00pm **YOGA** - Samantha (SS)
5:30pm **BOOTCAMP** - Carliss
5:30pm **BARRE PILATES** - Natalie (SS)
6:30pm **ZUMBA® TONING** - Jenny A

WEDNESDAY

5:30am **CYCLE 45** - Jonet
8:00am **FIT 45** - Charlie
9:30am **BARRE PILATES** - Jessica/Becca (SS)
12:00pm **BOOTCAMP 45** - Carliss
1:00pm **GX FOUNDATIONS** - Mallorie
4:30pm **WERQ® Dance Fitness** - Sara C
5:30pm **CYCLE 60 plus** - Carliss
5:30pm **BODY PUMP®** - Johnna
6:30pm **SELF DEFENSE** (pay class) - Eli

THURSDAY

5:15am **BOOTCAMP** - Charlie
6:00am **BODY ATTACK® 45** - Dana
8:00am **FIT 45** - Charlie
12:00pm **BOX FIT 45** - Carliss
12:00pm **YOGA** - Samantha (SS)
5:30pm **ZUMBA®** - Kai/Maira
5:30pm **BARRE PILATES** - Natalie (SS)
6:30pm **CARDIO STEP** - Carliss


FRIDAY

5:30am **CYCLE 45** - Jonet
8:00am **FIT 45** - Charlie
9:30am **BARRE PILATES** - Jessica (SS)
10:00am **WERQ® Dance Fitness** - Kayla
12:00pm **CARDIO STEP 45** - Carliss

SATURDAY

8:00am **BODY PUMP** - Johnna
9:00am **BOOTCAMP** - Carliss
10:00am **ZUMBA®** - Courtney
11:00am **ZUMBA®** - Courtney

SUNDAY

 3:00pm **WERQ® Dance Fitness** - Tami
4:00pm **RESTORATIVE YOGA**
Jessica E. (SS)

LES MILLS® classes: **BODYATTACK®**, **BODYCOMBAT®**,
BODYPUMP®, **BODYSTEP®**, **GRIT®**,
CXCORE®, and **RPM®**,

SS= Soft Studio

EAST

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Thursday 5:00pm

NORTH

GROUP CLASSES

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

MONDAY

5:00am CYCLE 60 - Haley/Tara G
6:00am CYCLE 60 - Haley
8:00am BOOTCAMP - Sarah T
8:15am SENIOR AQUA - Severin
9:00am BODY PUMP® - Mellissa
10:15am CXCORE® - Mellissa
11:00am SENIOR FIT (opt 1) - Marie
12:00pm GRIT® - Catherine
12:30pm TRX® CORE 15 - Catherine
1:00pm SENIOR FIT (opt 2) - Val
4:30pm STRONG® (HIIT) - Elizabeth
5:30pm BOOTCAMP - Jen BR
5:30pm AQUA FIT - Marie
6:30pm BODY FLOW® - Kai

TUESDAY

5:00am FIT - Catherine
8:00am BARRE PILATES - Natalie
9:00am AQUA FIT 45 - Severin
9:05am ZUMBA® TONING - Courtney
10:05am YOGA - Chrissie
11:15 SENIOR AQUA - Severin
11:30 GX FOUNDATIONS - Sarah T
12:00pm BOOTCAMP - Sarah T
1:00pm SENIOR FIT (opt. 2) - Val
4:15pm BODY STEP® 30 - Jen H
5:00pm CYCLE 30 - Sarah T
5:35pm BODY PUMP® - Mackenzie
6:30pm WERQ® Dance Fitness - Jamie
7:15pm GAUNTLET - Glenn

WEDNESDAY

5:00am CYCLE 60 - Tara G
6:00am CYCLE 60 - Haley
8:00am BODY ATTACK® 30 - Catherine
8:15am SENIOR AQUA - Severin
8:30am CXCORE® - Catherine
9:05am BODY PUMP® - Mellissa
9:15am AQUA ZUMBA® - Courtney
10:15am TRX® CORE 30 - Mellissa
11:00am SENIOR FIT (opt 1)- Marie
12:00pm TRX® FIT - Catherine
4:00pm BODY PUMP® - Jen H
5:00pm YOGA - Jen H
5:30pm AQUA FIT - Marie
6:00pm BODY ATTACK® 45 - Catherine

THURSDAY

5:00am FIT - Catherine
8:00am BARRE PILATES - Natalie
9:00am AQUA FIT 45 - Severin
9:05am WERQ® Dance Fitness - Rachel M
10:05am YOGA - Penny
11:05am TAI CHI - Marie
11:15am SENIOR AQUA - Severin
12:00pm BOOTCAMP - Sarah T
1:00pm SENIOR FIT (opt 2) - Val
4:15pm BODY STEP® 30 - Jen H
5:00pm CYCLE 30 - Sarah T
5:35pm BODY PUMP® - Haley
6:30pm WERQ® Dance Fitness - Jamie
7:15pm GAUNTLET - Glenn

FRIDAY

5:00am BOOTCAMP - Catherine
6:00am CYCLE 60 - Sandi
8:00am STRONG® (HIIT) - Dana
9:00am TURBO AQUA - Severin
9:00am BODY PUMP® - Mellissa
11:00am SENIOR FIT (opt 1)- Marie
12:00pm RESTORATIVE YOGA - Andreina

SATURDAY

7:00am BODY PUMP® - Haley/Jen H
8:00am GRIT® - Rotation
8:15am AQUA FIT 45 - Marie
8:35am BODY FLOW® - Becca/Kai
9:35am ZUMBA® TONING - Kai
10:30am GAUNTLET - Glenn

SUNDAY

9:00am CYCLE 60 - Sarah T
3:00pm BODY STEP® 60 - Jen H/Tara G
4:00pm BODY PUMP® - Mackenzie

LES MILLS® classes: **BODYATTACK®**, **BODYCOMBAT®**,
BODYPUMP®, **BODYSTEP®**, **GRIT®**
CXCORE®, and **RPM®**,

NORTH

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

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Thursday 5:00pm

NEWBURGH

GROUP CLASSES

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

MONDAY

5:00am **BODY PUMP**® - Megan F
8:00am **STRONG**® HIIT - Dana
8:15am **SENIOR AQUA** - Vicki
8:30am **CXCORE**® - Sarah (SB)
9:00am **BODY PUMP**® - Dana
9:00am **AQUA FIT** - Vicki
9:00am **BARRE PILATES** - Jeannie (SB)
10:00am **WERQ**® Dance Fitness - Kayla
10:05am **YOGA** - Lisa C. (SB)
11:15am **ZUMBA**® GOLD - Dana
1:00pm **GX FOUNDATIONS** - Natalie
5:25pm **GRIT**® Strength - Theresa
5:30pm **KIDS MOVE** - Natalie (SB)
5:35pm **AQUA ZUMBA**® - Courtney
6:05pm **RPM**® CYCLE - Andrea/David (SB)
6:00pm **CXCORE**® - Crystal
6:30pm **ZUMBA**® - Courtney

TUESDAY

5:00am **BOOTCAMP** Tara M
8:00am **ZUMBA**® - Niki
8:00am **GENTLE YOGA** - Alicia SB
9:00am **GRIT**® Athletic - Mallorie
9:05am **RPM**® CYCLE - Lynn (SB)
9:15am **AQUA ZUMBA**® - Dana
9:30am **CXCORE**® - Mallorie
11:00am **SENIOR FIT** - Charlie
12:00pm **Tai Chi** - Carol SB
5:25pm **BODY COMBAT**® 30 - Theresa
5:30pm **PILATES** - Kristen
6:00pm **BODY STEP**® 30 - Theresa
6:30pm **YOGA** - Lisa C
6:35 **BODY PUMP**® - Haley

WEDNESDAY

5:00am **BODY PUMP**® - Dana
8:00am **BOOT CAMP** - Dana
8:00am **CYCLE 45** - Barb (SB)
8:15am **SENIOR AQUA** - Jeanine
9:00am **BODY PUMP**® - Sarah
9:00am **AQUA FIT** - Jeanine
9:00am **BARRE PILATES** - Jeannie (SB)
10:00am **WERQ**® Dance Fitness - Kayla
10:05am **YOGA** - Chrissie (SB)
11:15am **ZUMBA**® GOLD - Dana
4:30pm **TRX**® FIT 45 - Crystal
5:30pm **STRONG**® HIIT - Courtney
5:30pm **KIDS MOVE** - Natalie (SB)
5:35pm **AQUA ZUMBA**® - Jen W.
6:05pm **RPM**® CYCLE - Kennedy/David (SB)
6:30pm **ZUMBA**® - Megan

THURSDAY

5:00am **GRIT**® - Tara M
5:35am **CXCORE**® - Crystal/Kai
8:00am **ZUMBA**® - Niki
8:00am **GENTLE YOGA** - Alicia SB
9:00am **BODY ATTACK**® 45 - Dana
9:05am **RPM**® CYCLE - David (SB)
9:00am **AQUA FIT** - Jeanine
9:45am **CXCORE**® - Dana
11:00am **SENIOR FIT** - Melissa
12:00pm **Tai Chi** - Carol SB
5:25pm **BODY COMBAT**® 30 - Theresa
5:30pm **PILATES** - Kristen
6:00pm **BODY STEP**® 30 - Theresa
6:30pm **YOGA** - Wendy
6:35pm **BODY PUMP**® - Theresa

FRIDAY

5:00am **TRX**® FIT - Tara M
8:00am **BODY COMBAT**® 45 - Melissa D
8:15am **SENIOR AQUA** - Vicki
8:30am - **CXCORE**® - Sarah (SB)
9:00am **BODY PUMP** - Rachel
9:00am **AQUA FIT** - Vicki
10:00am **ZUMBA**® TONING - Courtney
10:00am **YOGA 75** - Chrissie (SB)

SATURDAY

7:00am **RPM**® CYCLE - Rotation (SB)
8:00am **TRX**® FIT 45 - Crystal
8:00am **BARRE PILATES** - Jeannie (SB)
8:55am **BODY COMBAT**® 30 - Theresa
9:15am **YOGA** - Rotation
9:30am **BODY STEP**® 30 - Theresa
10:05am - **BODY PUMP**® - Theresa

SUNDAY

8:00am **BODY ATTACK**® 45 - Crystal/Dana
4:35pm **BODY FLOW**® - Morgan/Kai

LES MILLS® classes: **BODYATTACK**®, **BODYCOMBAT**®,
BODYPUMP®, **BODYSTEP**®, **GRIT**,
CXCORE®, and **RPM**®,

SA = Studio A
SB = Studio B

NEWBURGH GROUP CLASSES

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