

# WEST

## GROUP CLASSES

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

### MONDAY

5:00am GRIT® plus CORE - Jennifer M  
7:15am ZUMBA GOLD® - Eva  
8:15am GENTLE YOGA - Beth  
9:30am TRX® FIT 45 - Mallorie  
5:30pm BODY PUMP® 45 - Danielle  
6:30pm WERQ® Dance Fitness - Tami

### TUESDAY

5:00am CYCLE 60 - Angie  
7:15am SENIOR FIT - Eva  
8:15am FIT 45 - Jodi  
9:15am BODY PUMP® 45 - Casi  
5:30pm BODY ATTACK® 45 - Lindsay  
6:30pm YOGA - Brooke

### WEDNESDAY

5:00am BODY PUMP® 45- Jennifer M.  
7:15am ZUMBA GOLD® - Eva  
8:15am YOGA - Jodi  
9:30am TRX® FIT 45 - Mallorie  
5:30pm BODY PUMP® 45 - Shannon  
6:30pm WERQ® Dance Fitness - Kayla

### THURSDAY

5:00am CYCLE 60 - Angie  
8:15am FIT 45 - Jodi  
9:15am BODY PUMP® 45 - Casi  
5:30pm BODY ATTACK® 45 - Mackenzie  
6:30pm YOGA - Brooke

### FRIDAY

5:00am BOOTCAMP 45 - Jennifer M  
8:15am CYCLE 60 - Mary

### SATURDAY

7:00am GRIT® - Danielle  
8:00am BODY PUMP® - Lindsay  
9:30am BOOT CAMP 45 - Dan  
10:30am WERQ® Dance Fitness - Rotation

### SUNDAY

 8:00am BODY ATTACK 45® - Lindsay  
3:00pm YOGA - Brooke

**LES MILLS®** classes: **BODYATTACK®**, **BODYPUMP®** and **GRIT®**  
Facebook Live and ZOOM virtual classes available to PRIME members  
only\* Check the EAST calendar for virtual options

# EAST

## GROUP CLASSES

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

### MONDAY

8:00am FIT 45 - Charlie  
9:00am Facebook Live Yoga Blend - Brooke  
12:00pm BODY PUMP® 45 - Johnna  
5:30pm BOOT CAMP 45 - Carliss  
6:30pm SELF-DEFENSE \*Pay Class\* - Eli

### TUESDAY

5:15am BOOTCAMP 45 - Charlie  
9:00am ZUMBA® - Courtney  
12:00pm BOX FIT 45 - Eli  
12:00pm YOGA 45 - Lauren  
4:30pm WERQ® Danace Fitness 45 - Jenne  
5:30pm WERQ® Dance Fitness 45 - Sara  
6:30pm BODY PUMP® 45 - Jen H/Tara G

### WEDNESDAY

8:00am FIT 45 - Charlie  
12:00pm BOOT CAMP 45 - Carliss  
5:30pm CARDIO STEP 45 - Carliss  
5:30pm Facebook Live Yoga Blend - Wendy  
6:30pm SELF-DEFENSE \*Pay Class\* - Eli

### THURSDAY

5:15am BOOTCAMP 45 - Charlie  
9:00am ZUMBA® - Courtney  
12:00pm BOX FIT 45 - Carliss  
12:00pm YOGA 45 - Lauren  
4:30pm WERQ® Dance Fitness 45 - Kai  
5:30pm WERQ® Dance Fitness 45 - Sara  
6:30pm BODY PUMP® 45 - Haley

### FRIDAY

8:00am FIT 45 - Charlie  
9:00am ZUMBA® GOLD - Dana  
12:00pm CARDIO STEP 45 - Carliss

### SATURDAY

8:00am BODY PUMP® - Johnna  
9:30am BOOTCAMP - Carliss

### SUNDAY

3:00pm WERQ® Dance Fitness - Tami/Jenne

**LES MILLS® classes: BODYPUMP®**

Facebook Live and ZOOM virtual classes available to PRIME members only\* Check the EAST calendar for virtual options

# NORTH

## GROUP CLASSES

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


### MONDAY

5:00am CYCLE 45 - Tara G/Jess W  
9:00am AQUA ZUMBA - Courtney  
9:00am BODY PUMP® - Mellissa  
10:30am SENIOR FIT - Marie  
12:00pm FIT 45 - Catherine  
5:30pm BOOTCAMP 45 - Jen B  
 6:30pm WERQ® Dance Fitness - Kai

### TUESDAY

5:00am FIT 60 - Catherine  
8:00am AQUA FIT - Jeanine  
9:00am BARRE PILATES - Lauren  
9:00am SENIOR AQUA - Jeanine  
10:30am YOGA - Lauren  
12:00pm BOOT CAMP 45 - Sarah T  
5:30pm CYCLE 45 - Sarah T  
6:30pm GAUNTLET - Glenn

### WEDNESDAY

5:00am CYCLE 45 - Tara G  
8:00am BOOT CAMP 45 - Megan F  
9:00am AQUA ZUMBA - Courtney  
9:00am BODY PUMP® - Mellissa  
10:30am SENIOR FIT - Marie  
12:00pm FIT 45 - Catherine  
 5:30pm BODY PUMP® 45 - Mackenzie  
6:30pm YOGA - Jen H

### THURSDAY

5:00am FIT 60 - Catherine  
8:00am AQUA FIT - Jeanine  
9:00am BARRE PILATES - Lauren  
9:00am SENIOR AQUA - Jeanine  
10:30am YOGA - Sarah T  
12:00pm BOOT CAMP 45 - Sarah T  
5:30pm CYCLE 45 - Sarah T  
6:30pm GAUNTLET - Glenn

### FRIDAY

5:00am BOOTCAMP - Jen H  
9:00am BODY PUMP® - Mellissa  
9:00am AQUA FIT - Jeanine  
10:30am SENIOR FIT - Marie

### SATURDAY

 8:00am WERQ® Dance Fitness 45 - Jen H  
9:00am BODY PUMP® - Haley/Jen H  
10:30am GAUNTLET - Glenn

**LES MILLS® classes: BODYPUMP®**

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# NEWBURGH

## GROUP CLASSES

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

### MONDAY

8:00am SENIOR AQUA - Vicki  
8:00am BODY ATTACK® 30 - Dana  
9:00am AQUA FIT - Vicki  
9:00am BARRE PILATES - Jeannie  
9:00am WERQ® Dance Fitness - Kayla  
10:30am YOGA - Lisa C. (SA)  
5:30pm BODY PUMP® 45 - Theresa  
6:30pm ZUMBA® - Courtney

### TUESDAY

5:00am BOOT CAMP 45 - Tara  
8:00am RPM® Cycle - Lynn (SB)  
9:00am AQUA ZUMBA - Dana  
9:00am BODY PUMP® 45 - Mallorie  
10:30am SENIOR FIT - Charlie  
5:30pm FIT 45 - Theresa  
6:30pm YOGA - Lisa C (SA)  
6:30pm AQUA ZUMBA® - Courtney

### WEDNESDAY

5:00am BODY PUMP® 45 - Tara  
8:00am SENIOR AQUA - Jeanine  
8:00am BODY ATTACK® 45 - Dana  
9:00am AQUA FIT - Jeanine  
9:00am BARRE PILATES - Jeannie  
9:00am WERQ® Dance Fitness - Rachel  
10:30am YOGA - Lisa C. (SA)  
5:30pm BODY PUMP® 45 - Haley  
6:30pm ZUMBA® - Courtney

### THURSDAY

5:00am TRX® FIT 45 - Tara M  
8:00am RPM® Cycle - David (SB)  
9:00am AQUA FIT - Vicki  
9:00am BODY PUMP® 45 - Dana  
10:30am SENIOR FIT - Charlie  
5:30pm FIT 45 - Theresa  
6:30pm YOGA - Beth T (SA)  
6:30pm AQUA ZUMBA® - Jennifer

### FRIDAY

8:00am SENIOR AQUA - Vicki  
8:00am BODY ATTACK® 30 - Dana  
9:00am AQUA BARRE SPLASH - Jeannie  
9:00am WERQ® Dance Fitness - Kayla  
10:30am YOGA - (SA) -Amanda

### SATURDAY

8:00am RPM® Cycle - Rotation  
8:00am STRONG NATION® 45 - Elizabeth  
9:00am BARRE PILATES - Lauren  
9:00am ZUMBA® - Courtney  
10:30am ZUMBA® - Courtney

**LES MILLS®** classes: **BODYATTACK®**, **BODYPUMP®** and **RPM®** Cycle  
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SA- Studio A  
SB - Studio B