

WEST

GROUP CLASSES

AQUA | CARDIO | CORE | SENIORS | STRENGTH | KIDS

MONDAY

5:00am **BOOT CAMP 45** - Jen M/Julie A
7:00am **ZUMBA® GOLD** - Eva
8:00am **YOGA 45** - Beth
9:00am **BODY PUMP®** - Casi
5:30pm **BODY PUMP® 45** - Danielle
6:30pm **WERQ® Dance Fitness** - Madeline

TUESDAY

5:00am **CYCLE 60** - Angie
7:00am **SENIOR FIT** - Eva
8:00am **FIT 45** - Jodi
9:00am **TRX® CORE 30** - Sarah K
5:30pm **BODY ATTACK® 45** - Lindsay
6:30pm **YOGA** - Brooke

WEDNESDAY

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

THURSDAY

5:00am **CYCLE 60** - Angie
7:00am **SENIOR FIT** - Elizabeth
8:00am **FIT 45** - Jodi
9:00am **TRX® CORE 30** - Sarah K
5:30pm **BODY ATTACK® 45** - Mackenzie
6:30pm **YOGA** - Brooke

FRIDAY

5:00am **BOOTCAMP 45** - Jen M/Danielle
8:00am **CYCLE 45** - Mary
9:00am **TRX® FIT 45** - Casi

SATURDAY

8:00am **BODY PUMP®** - Lindsay
9:15am **CYCLE 45** - Jessica
10:30am **WERQ® Dance Fitness** - Rotation

SUNDAY

3:00pm **YOGA** - Brooke

LES MILLS® classes: **BODYATTACK®** and **BODYPUMP®**
Bob's Gym AT HOME virtual Zumba classes available to PRIME members only* Search for the Bob's Gym At Home Facebook page.

EAST

GROUP CLASSES

AQUA | CARDIO | CORE | SENIORS | STRENGTH | KIDS

MONDAY

8:00am FIT 45 - Charlie
9:00am ZUMBA® GOLD - Dana
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® Dance Fitness 45 - Makenzie
5:30pm WERQ® Dance Fitness 45 - Kayla
6:30pm BODY PUMP® - Jade

WEDNESDAY

8:00am FIT 45 - Charlie
12:00pm BOOT CAMP 45 - Carliss
5:30pm CARDIO STEP 45 - Carliss
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 - Makenzie
6:30pm BODY PUMP® - Haley

FRIDAY

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

SATURDAY

8:00am BODY PUMP® - Johnna
9:15am BOOTCAMP - Carliss

SUNDAY

3:00pm WERQ® Dance Fitness - Jenne/Madeline/Jen H

LES MILLS® classes: BODYPUMP®

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NORTH

GROUP CLASSES

AQUA | CARDIO | CORE | SENIORS | STRENGTH | KIDS

MONDAY

5:00am CYCLE 45 - Tara G/Jess W
9:00am BODY PUMP® - Mellissa
9:00am AQUA ZUMBA® - Courtney
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
4:30pm BODY PUMP® 45 - Jen H
5:30pm CYCLE 45 - Sarah T
6:30pm GAUNTLET - Glenn

WEDNESDAY

5:00am CYCLE 45 - Tara G
9:00am BODY PUMP® - Mellissa
9:am AQUA ZUMBA® - Courtney
10:30am SENIOR FIT - Marie
12:00pm FIT 45 - Catherine
5:30pm BODY PUMP®45 - Haley
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
4:30pm BODY PUMP® 45 - Tara G
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 - Jen H
9:00am AQUA FIT 45 - Marie
9:15am BODY PUMP® - Haley/Jen H
10:30am GAUNTLET - Glenn

SUNDAY

4:30pm BODY PUMP® - Mackenzie

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.
12:00pm BODY PUMP® 45 - Dana
5:30pm BODY PUMP® 45 - Haley
6:30pm ZUMBA® - Courtney

TUESDAY

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

WEDNESDAY

5:00am BODY PUMP® - Tara
8:00am SENIOR AQUA - Vicki
8:00am BODY ATTACK® 45 - Dana
9:00am AQUA FIT - Vicki
9:00am BARRE PILATES - Jeannie
9:00am WERQ® Dance Fitness - Rachel
10:30am YOGA - Lisa C
12:00pm BODY PUMP® 45 - Dana
5:30pm BODY PUMP® 45 - Theresa
6:30pm ZUMBA® - Courtney

THURSDAY

5:00am TRX® FIT - Tara M
8:00am RPM® Cycle - David (SB)
9:00am AQUA FIT - Vicki
9:00am BODY PUMP® - Dana
10:30am SENIOR FIT - Charlie
5:30pm FITNESS FUSION 45 - Theresa
6:30pm YOGA - Natalie
6:30pm AQUA BARRE SPLASH - Jeannie

FRIDAY

5:00am BODY PUMP® - Megan F
8:00am SENIOR AQUA - Vicki
8:00am BODY ATTACK® 30 - Dana/Crystal
9:00am AQUA BARRE SPLASH - Jeannie
9:00am WERQ® Dance Fitness - Kayla
10:30am YOGA - Jean

SATURDAY

8:00am RPM® Cycle - Rotation (SB)
8:00am TRX® FIT - Crystal
9:15am BARRE PILATES - Lauren
9:15am ZUMBA® - Courtney
10:30am ZUMBA® - Courtney

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