

GROUP EXERCISE SCHEDULE - Yellow Classes canceled for 3 weeks

MONDAY	CLASS	INSTRUCTOR	LOCATION	LENGTH	NOTES
6:00 AM-6:55 AM	Barre Fusion	Natalie P.	Mind/Body Studio	(55)	
9:00 AM-9:55 AM	BODYPUMP	Alice S.	MP 4	(55)	
9:00 AM-9:55 AM	Yoga	Galina I.	Buttenheim	(55)	
9:15 AM-10:00 AM	Cycle	Mark S.	Cycle Studio	(45)	
9:15 AM-10:10 AM	Barre Fusion	Meghan M.	Mind/Body Studio	(55)	
10:00 AM-10:55 AM	Fit & Fun (Try Enhanced Fitness)		Rec room	(55)	<i>Canceled until 7/13</i>
10:00 AM-10:55 AM	Gentle Yoga	Susan S.	Buttenheim	(55)	Welcome Back, Susan!
10:15 AM-11:10 AM	Pilates	Raquel R.	MP 4	(55)	
10:30 AM-11:15 AM	Aqua Zumba	Ikuyo K.	4 Lane Pool	(45)	
11:20 AM-12:15 PM	Aqua Fit (Deep Water)	Peggy P.	4 Lane Pool	(55)	
11:30 AM-12:25 PM	BODYBALANCE	Raquel R.	Buttenheim	(55)	
11:30 AM-12:15 PM	General Conditioning	Cora T.	MP 4	(45)	
12:15 AM-12:45 PM	Les Mills SPRINT	Nikki R.	Cycle Studio	(30)	
12:30 PM-1:15 PM	Enhanced Fitness	Cora T.	MP 4	(45)	
1:45 PM-2:45 PM	Delay the Disease	Patti F.	MP 4	(60)	
5:30 PM-6:25 PM	Alignment Based Yoga	Diane K.	Buttenheim	(55)	
6:00 PM-6:55 PM	BODYPUMP	Peggy P.	MP 4	(55)	
7:05 PM-7:35 PM	Les Mills CORE	Peggy P.	MP 4	(30)	
7:35 PM- 8:30 PM	Aqua Boot Camp	Stephen M.	4 Lane Pool	(55)	
TUESDAY	CLASS	INSTRUCTOR	LOCATION	LENGTH	NOTES
6:00 AM-6:55 AM	Boot Camp	Nicole L.	MP 4	(55)	
8:00 AM-8:55AM	Yoga	Carol S.	Buttenheim	(55)	
9:15 AM-10:10 AM	BODYCOMBAT	Kelly D.	MP 4	(55)	
9:15 AM-10:10 AM	Body Sculpt (Try Les Mill Core)		Rec room	(55)	<i>Canceled until 7/13</i>
9:15 AM-10:10 AM	Barre Fusion	Natalie P.	Mind/body Studio	(55)	
9:15 AM-10:10 AM	Ashtanga Yoga	Carol S.	Buttenheim	(55)	
9:30 AM-10:20AM	Aqua Core (Deep Water)	Suzi K.	4 lane pool	(50)	
10:25 AM-11:15 AM	Aqua Arthritis (Deep)	Suzi K.	4 lane pool	(50)	
10:30 AM-11:25 AM	Pilates	Patti F.	MP 4	(55)	
10:30 AM-11:25 AM	Dance Fit (Try Zumba or Zumba Gold)		Rec room	(55)	<i>Canceled until 7/13</i>
11:00 AM-11:55 AM	Chair Yoga	Michael C.	Buttenheim	(55)	
11:20 AM-12:15 PM	Aqua Arthritis (Shallow Water)	Suzi K.	4 lane pool	(55)	
12:00 PM-12:45 PM	BODYPUMP Express	Peggy P.	MP 4	(45)	
12:00 PM-1:15 PM	Yin Yoga	Galina I.	Buttenheim	(75)	
12:00 PM-1:00 PM	MS One Step	Marie-France G	Mind/body Studio	(60)	
1:00 PM-1:55 PM	Zumba Gold	Ikuyo K.	MP 4	(55)	
5:00 PM-5:55 PM	Vinyasa Yoga	Nicole L.	Buttenheim	(55)	
6:00 PM-6:55 PM	BODYBALANCE	Ricardo S	Buttenheim	(55)	
WEDNESDAY	CLASS	INSTRUCTOR	LOCATION	LENGTH	NOTES
6:00 AM-6:45 AM	BODYCOMBAT Express	Jackie R.	MP 4	(45)	
7:00 AM-7:55 AM	LES MILLS SHAPES	Vivian L.	MP 4	(55)	** NEW CLASS **
9:00 AM-9:55 AM	BODYPUMP	Peggy P.	MP 4	(55)	
9:00 AM-9:55 AM	Vinyasa Yoga	Mary Steuart D	Buttenheim	(55)	
9:15 AM-9:45 AM	Les Mills SPRINT	Nikki R.	Cycle Studio	(30)	
10:15 AM-11:00 AM	4 Ever Fit	Cathy T.	MP 4	(45)	
10:30 AM-11:15 AM	Les Mills TONE (Try BODYPUMP or CORE)		Rec Room	(45)	<i>Canceled until 7/13</i>
10:30 AM-11:15 AM	Aqua Arthritis	Janet W.	4 Lane Pool	(45)	
11:15 AM-12:10 PM	Yoga for Parkinsons	Peggy P.	Buttenheim	(55)	
11:20 AM-12:15 PM	Aqua Fit	Janet W.	4 Lane Pool	(55)	
11:30 AM- 12:15 PM	Senior Fitness	Cathy T.	MP 4	(45)	
12:00 PM-12:55 PM	Barre Fusion	Denise D.	Mind/body Studio	(55)	
2:00 PM-3:00 PM	Rock Steady Boxing Parkinsons	Nikki R./Peggy	MP 4	(60)	
6:00 PM-6:55 PM	BODYPUMP	Suzanne J.	MP 3	(55)	
6:00 PM-6:55 PM	Zumba	Tara T.	Buttenheim	(55)	
6:00 PM-6:55 PM	BODYCOMBAT	Chris D.	MP 4	(55)	

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THURSDAY	CLASS	INSTRUCTOR	LOCATION	LENGTH	NOTES
6:00 AM-6:55 AM	Barre Fusion	Natalie P.	Mind/body Studio	(55)	
6:00 AM-6:45 AM	BODYPUMP Express	Jackie R.	MP 4	(45)	
8:00AM-8:55AM	Yoga	Carol S.	MP 4	(55)	
9:15 AM-10:00 AM	BODYCOMBAT Express	Kelly D.	MP 4	(45)	
9:15 AM-10:10 AM	Barre Fusion	Peggy P.	Mind/body Studio	(55)	
9:15 AM-10:10 AM	Yin to Flow Yoga	Carol S.	Buttenheim	(55)	
10:00 AM-10:55 AM	Fit & Fun (Try Enhanced Fitness)		Rec room	(55)	Canceled until 7/13
10:05 AM-10:35 AM	Les Mills CORE	Kelly D.	MP 4	(30)	
11:00 AM-11:55 AM	Chair Yoga	Michael C.	Buttenheim	(55)	
11:05 AM-11:50 PM	Aqua Arthritis	Marie Q.	4 Lane Pool	(45)	
11:50 AM-12:45 PM	Aqua Fit (Deep Water)	Marie Q.	4 Lane Pool	(55)	
12:00 PM-12:45 PM	BODYPUMP Express	Peggy P.	MP 4	(45)	
12:00 PM-1:00 PM	MS One Step	Patti F.	Mind/body Studio	(60)	
1:00 PM-1:55 PM	Zumba Gold	Ikuyo K.	MP 4	(55)	
2:00 PM-2:45 PM	Pedaling For Parkinsons	Nikki R.	Cycle Studio	(45)	
6:00 PM-6:55 PM	Cycle	Griff F.	Cycle Studio	(55)	
6:00 PM-6:55 PM	BODYBALANCE	Claire M.	Buttenheim	(55)	
FRIDAY	CLASS	INSTRUCTOR	LOCATION	LENGTH	NOTES
6:00 AM-6:55 AM	BODYCOMBAT	Christian V.	MP 4	(55)	
9:00 AM -9:55 AM	Vinyasa Yoga	Galina I.	Buttenheim	(55)	
9:15 AM-9:45 AM	Les Mills SPRINT	Nikki R.	Cycle Studio	(30)	
9:15 AM - 9:55 AM	Iron Intervals	Kelly D.	MP 4	(45)	
10:00 AM-11:15 AM	Restorative Yoga	Galina I.	Buttenheim	(75)	
10:00 AM-10:55 AM	Pilates	Patti F.	MP 4	(55)	
10:00 AM-10:45 AM	Aqua Fit	Janet W.	4 lane pool	(45)	
10:15 AM-11:10 AM	Body Sculpt (Try Les Mill Core)		Rec room	(55)	Canceled until 7/13
10:45 AM-11:30 AM	Aqua Fit (Deep Water)	Janet W.	4 lane pool	(45)	
11:30 AM-12:15 PM	General Conditioning	Cora T.	MP 4	(45)	
12:00 PM-12:55 PM	BODYBALANCE	Raquel R.	Buttenheim	(45)	
12:30 AM-1:15 PM	Enhanced Fitness	Cora T.	MP 4	(45)	
1:30 PM-2:30 PM	Delay the Disease	Nikki R.	MP 4	(60)	
SATURDAY	CLASS	INSTRUCTOR	LOCATION	LENGTH	NOTES
7:05 AM-7:55 AM	Barre Fusion	Ali D.	Mind/body Studio	(50)	
7:45 AM-8:55 AM	Training Day	Griff F.	MP 4	(70)	
8:00 AM-8:55 AM	Cycle	Ali D.	Cycle Studio	(50)	
9:00 AM-9:55 AM	Yin Yoga Flow	Rose W.	Buttenheim	(55)	
9:00 AM-9:55 AM	BODYPUMP	Chris D.	MP 4	(55)	
10:05 AM-10:35 AM	Les Mills CORE	Allyson S.	MP 4	(30)	
10:15 AM-11:10 AM	Bolly X Bollywood	Shalini P.	Buttenheim	(55)	
10:45 AM-11:30 AM	General Conditioning	Cora T.	MP 4	(45)	
11:30 AM-12:25 PM	BODYBALANCE	Raquel R.	Buttenheim	(55)	
11:35 AM-12:35 PM	Rock Steady Boxing Parkinsons	Nikki R./Peggy	MP 4	(60)	
SUNDAY	CLASS	INSTRUCTOR	LOCATION	LENGTH	NOTES
8:20 AM-9:15 AM	BODYCOMBAT	Christian V.	MP 4	(55)	
9:30 AM-10:25 AM	BODYPUMP	Suzanne J.	MP 4	(55)	
10:00 AM-10:30 AM	Les Mills SPRINT	Sarah G.	Cycle Studio	(30)	
10:30 AM-11:25 AM	BODYBALANCE	Claire M.	MP 4	(55)	