

Group Exercise Schedule

December 1–31

MON	TUE	WED	THUR	FRI	SAT	SUN
CYCLE with Joyce W. <i>Cycle Room</i> 6:00–7:00 am	PILATES with Kerry 9:00–9:45 am	YOGA/PILATES FUSION with Ronni 8:00–9:00 am	BODY PUMP with Preston <i>Banks Gym</i> 6:00–7:00 am	CYCLE with Ellen <i>Cycle Room</i> 6:00–7:00 am	PILATES with Carol Ann 8:15–9:00 am	WARRIOR RHYTHM with Laurel 9:15–10:15 am
YOGA/PILATES FUSION with Ronni 8:00–9:00 am	BARRE SCULPT with Kerry <i>Dance Studio</i> 10:00–10:50 am	BODY COMBAT with Paula 9:15–10:15 am	PILATES PLUS with Kerry <i>Dance Studio</i> 8:00–8:45 am	PILATES with Dee 8:15–9:00 am	GENTLE YOGA with Carol Ann 9:15–10:15 am	BOOTCAMP with Amy <i>Banks Gym or Outside</i> 10:30–11:30 am
GENTLE YOGA with Carol Ann 9:15–10:15 am	FLOW YOGA with Annie 10:00–11:00 am	BARRE with Rosemary <i>Dance Studio</i> 9:10–10:00 am	PILATES with Sally 9:00–9:45 am	BARRE with Rosemary <i>Dance Studio</i> 9:10–10:00 am	CORE with Linda <i>Banks Gym</i> 9:20–9:50 am	ZUMBA GOLD with Jill 10:30–11:30 am
BODY COMBAT with Paula <i>Banks Gym</i> 9:30–10:30 am	ADVANCED MINDFUL YOGA with Nora 12:15–1:15 pm	BODY PUMP with Katie <i>Banks Gym</i> 10:00–11:00 pm	CYCLE with Joyce G. <i>Cycle Room</i> 9:20–10:20 am	GENTLE YOGA with Dee 9:15–10:15 am	CYCLE with Joyce G. <i>Cycle Room</i> 9:20–10:20 am	GENTLE YOGA with Megan 1:00–2:00 pm
CORE with Linda <i>Dance Studio</i> 9:30–10:00 am	ZUMBA GOLD with Debra <i>Banks Gym</i> 12:30–1:30 pm	PILATES with Karen <i>Dance Studio</i> 10:15–11:00 am	FLOW YOGA with Annie 10:00–11:00 am	CYCLE BOOTCAMP with Ashley <i>Cycle Room</i> 9:30–10:30 am	BODY PUMP with Katie <i>Banks Gym</i> 10:00–11:00 am	FLOW YOGA with Megan 2:15–3:15 pm
FIT & FAB with Lois 10:30–11:30 am	SILVER SNEAKERS with Dee 1:30–2:30 pm	FIT & FAB with Lois 10:30–11:30 am	ZUMBA GOLD with Jill <i>Banks Gym</i> 11:00 am–12 pm	BODY PUMP with Jill <i>Banks Gym</i> 10:00–11:00 am	ZUMBA with Monica 10:30–11:30 am	 <p>Please see our Small Group Training schedule for all of our monthly class offerings.</p>
MUSCLE CONDITIONING with Lois <i>Banks Gym</i> 11:45am–12:45pm	CYCLE with Ellen <i>Cycle Room</i> 5:30–6:30 pm	MUSCLE CONDITIONING with Lois <i>Banks Gym</i> 11:45am–12:45pm	GENTLE YOGA with Jill 12:15–1:15 pm	ZUMBA GOLD CHAIR with Jill 11:30 am–12 pm	FLOW YOGA with Dione 12:15–1:15 pm	
CYCLE with Joyce G <i>Cycle Room</i> 12:15–1:15 pm	PILATES with Carol Ann 5:30–6:15 pm	GENTLE YOGA with Siv 12:15–1:15 pm	SILVER SNEAKERS with Dee 1:30–2:30 pm	ZUMBA with Jill <i>Banks Gym</i> 12:30–1:30 pm	 <p>NEW INSTRUCTOR</p>	
SILVER SNEAKERS YOGA with Dee 12:30–1:30 pm	ZUMBA with Monica <i>Dance Studio</i> 6:00–7:00 pm	FAB FUNCTIONAL FITNESS with Lois <i>Banks Gym</i> 1:00–1:45pm	YIN YOGA with Ronni 5:00–5:45 pm	SILVER SNEAKERS with Dee 12:30–1:30 pm		
SILVER SNEAKERS YOGA with Dee 1:30–2:30 pm	GENTLE YOGA with Dione 6:30–7:30 pm	SILVER SNEAKERS YOGA with Siv 1:30–2:30 pm	BODY PUMP with Becky <i>Banks Gym</i> 5:30–6:30 pm			
BARRE with Rosemary <i>Dance Studio</i> 5:30–6:20 pm		BARRE with Rosemary <i>Dance Studio</i> 5:30–6:20 pm				
BODYPUMP with Staff <i>Banks Gym</i> 5:30–6:30 pm						
CORE with Linda 5:35–6:05 pm						

Check MotionVibe for the latest holiday schedules. Some classes may be on hold due to special holiday hours and staff availability. Regular schedules resume in January.

Thank you!



All group exercise classes are located in the Group Exercise Studio unless otherwise noted. Classes are subject to change.