

WOODBURY MAIN STUDIO April 1st, 2017

| | M | T | W | TH | F | | SAT | SUN |
|----------|--------------------------------|-----------------------------------|------------------------------------|---------------------------------|--------------------------|----------|---------------------------|--------------------------------|
| 5:30 AM | GRIT™ <i>Emily</i> | BODYPUMP™ <i>Emily</i> | GRIT™ <i>Amy</i> | BODYPUMP™ <i>Amy</i> | BODYSHRED®* <i>Emily</i> | 7:30 AM | | |
| 8:30 AM | | TOTAL BODY FITNESS** <i>Lauri</i> | | Yoga Sclupt <i>Mary</i> | CORE N MORE <i>Staci</i> | 8:30 AM | BODYPUMP™ <i>Laurel</i> | BODYPUMP™(8:15) <i>Maggie</i> |
| 9:30AM | BODYSHRED®* <i>Emily</i> | BODYPUMP™ <i>Cindy</i> | Insanity <i>Angie</i> | TOTAL BODY FITNESS <i>Lauri</i> | BODYATTACK™ <i>Amber</i> | 9:15 AM | | BODYSTEP™(9:30) <i>Maggie</i> |
| 10:45AM | | | | | CXWORX™* <i>Amber</i> | 9:45 AM | BODYATTACK™ <i>Maggie</i> | |
| 11:30 AM | ZUMBA <i>Colleen</i> | | | | ZUMBA <i>Colleen</i> | 10:30 AM | CXWORX™ <i>Maggie</i> | |
| 4:15PM | | ZUMBA <i>Cindy</i> | BODYATTACK™ <i>Taylor</i> | ZUMBA <i>Colleen</i> | | 11:15 AM | BODYCOMBAT™ <i>Adam</i> | |
| 5:15PM | BODYATTACK™ <i>Laurel</i> | | BODYPUMP™ ** Express <i>Maggie</i> | | | 12:30 PM | ZUMBA® <i>Stacey</i> | |
| 5:30PM | | GRIT™ <i>Mark</i> | | GRIT™ <i>Mark</i> | ZUMBA <i>Gabi</i> | 4:15PM | | STRONG by Zumba <i>Nichole</i> |
| 6:15PM | BODYPUMP™ (6:30) <i>Laurel</i> | BODYSTEP™ <i>Maggie</i> | BODYCOMBAT™ <i>Adam</i> | BODYATTACK™ <i>Krista</i> | Please bring | 5:30PM | | BODYFLOW™ <i>Steve</i> |
| 7:30PM | BODYCOMBAT™ (7:45) <i>Lori</i> | ZUMBA Toning® <i>Gabi</i> | ZUMBA® <i>Stacey</i> | BODYPUMP™ <i>Ken</i> | your own yoga mat | | | |

WOODBURY CYCLE STUDIO

| | M | T | W | TH | F | | SAT | SUN |
|---------|-------------------|------------------------|--------------------------|---------------------|------------------------|--------|------------------------|--------------------------------|
| 5:30 AM | RPM™ <i>Brant</i> | | RPM™ <i>Heather</i> | | RPM™ <i>Brant</i> | 8:00AM | RPM™ <i>Michelle</i> | ROAD RAGE (8:45) <i>Andrea</i> |
| 9:30 AM | | ROAD RAGE <i>Lauri</i> | | | ROAD RAGE <i>Staci</i> | 9:30AM | ROAD RAGE <i>Staci</i> | |
| 6:00 PM | RPM™ <i>Steve</i> | RPM™ <i>Heather</i> | RPM™ (5:30) <i>Steve</i> | RPM™ <i>Heather</i> | | 4:15PM | | RPM™ <i>Steve</i> |

WOODBURY MIND/BODY STUDIO

| | M | T | W | TH | F | | SAT | SUN |
|---------|------------------------------------|-------------------------------|-----------------------------------|--------------------------------------|---|----------|--------------------------|-----------------------------------|
| 8:30 AM | | | BARRE-XF <i>Cindy</i> | TRX <i>Lauri</i> | | | | |
| 9:30AM | KETTLEWORX® <i>Angie</i> | BODYFLOW™ <i>Amy</i> | | *SILVERSNEAKERS® (9:45) <i>Emily</i> | | 9:30AM | BODYFLOW™ <i>Melanie</i> | YOGA <i>Natania</i> |
| 10:45AM | | *SILVERSNEAKERS® <i>Julie</i> | KETTLEWORX®* (10:30) <i>Angie</i> | YOGA <i>Natania</i> | | 11:15 AM | YOGA <i>Laurel</i> | |
| 4:30 PM | BODYFLOW™ <i>Melanie</i> | | | BODYFLOW™ <i>Melanie</i> | | | Please bring your | |
| 5:30 PM | | BODYFLOW™ <i>Steve</i> | | KETTLEWORX®* (5:45) <i>Maggie</i> | | | own yoga mat | |
| 6:15PM | KETTLEWORX®* (30min) <i>Maggie</i> | CXWORX™*(6:45) <i>Laurel</i> | BODYFLOW™ (6:45) <i>Steve</i> | | | | | |
| 7:30 PM | TRX (7:00) <i>Michelle</i> | YOGA <i>Laurel</i> | | | | | TRX/GRIT - fee based. | Check with front desk on sessions |

WOODBURY AQUA STUDIO

| | M | T | W | TH | F | | SAT | SUN |
|--------|-----------------------|---|----------------------|------------------------|-----------------------|--------|-------------------------|------------------------------|
| 9:30AM | AQUAFIT <i>Cheryl</i> | | AQUAFIT <i>Julie</i> | | AQUAFIT <i>Cheryl</i> | 9:30AM | AQUA ZUMBA® <i>Dana</i> | POOL RESERVED DURING CLASSES |
| 6:15PM | | | | AQUA ZUMBA® <i>Ken</i> | | | | |

