

Effective Feb 2019



# Stratton - GROUP EXERCISE CLASSES - Feb 2019



## MAIN STUDIO

	MON	TUE	WED	THU	FRI
5:15 AM		<b>*KETTLEBELL</b> <i>Shelly</i>		<b>*TOTAL BODY FITNESS</b> <i>Rebekah</i>	
9:00 AM		<b>BOX &amp; CORE</b> <i>Lisa VR</i> ★	<b>*TOTAL BODY FITNESS</b> <i>Becky</i>		<b>BOX &amp; CORE</b> <i>Lisa VR</i>
9:30 AM	<b>*KETTLEBELL</b> <i>Shelly</i> ★			<b>YOGA SCULPT</b> <i>Shelly (NEW!)</i> ♥	
10:00 AM		Les Mills <b>BODYFLOW</b> <i>Lisa VR</i> ★			Les Mills <b>BODYFLOW</b> <i>Lisa VR</i> ★
12:15 PM		<b>SILVER SNEAKERS FIT</b> <i>Shari</i>		<b>SILVER SNEAKERS FIT</b> <i>Shari</i>	<b>SILVER SNEAKERS FIT</b> <i>Meg S.</i>
5:15 PM	<b>*TOTAL BODY FITNESS</b> <i>Becky</i>		(5:30pm) <b>YOGA SCULPT</b> <i>Shelly (NEW!)</i> ♥		
5:30 PM		Les Mills <b>BODYPUMP</b> <i>Sherna</i> ★		Les Mills <b>BODYPUMP</b> <i>Katie S</i>	New Class! YOGA SCULPT
6:15 PM	<b>FUNK</b> <i>Mel</i>				
6:45 PM		<b>*YOGA</b> <i>Sherna</i>			

	SAT	SUN
8:15 AM	Les Mills <b>BODYPUMP</b> <i>Katie S</i>	
9:30 AM	<b>YOGA</b> <i>Katie L</i>	
10:00 AM		<b>YOGA</b> <i>Terese</i> ♥
PLEASE BRING YOUR OWN YOGA MAT		

- COLOR KEY -	
Orange	"VALUE PLUS / PLATINUM" MEMBERSHIP CLASSES
White	"FIT" MEMBERSHIP CLASSES
Blue	Silver outline --> SILVER SNEAKERS CLASS
Grey	*45 minute class    **30 minute class
Star	★ Star --> XGX Connector Class (great for new members!)
Yellow outline	--> SCHEDULE CHANGE

## CYCLE STUDIO

	MON	TUE	WED	THU	FRI
8:30 AM	<b>RIDE</b> <i>Lisa VR</i>			<b>RIDE</b> <i>Shelly</i> ★	
5:30 PM			<b>RIDE</b> <i>Julie S.</i>		
6:00 PM	<b>RIDE</b> <i>Shelly</i> ★				

	SAT	SUN
9:30 AM	<b>RIDE</b> <i>Julie S.</i>	

(Schedules subject to change)