

Winter 2019



Swamico - GROUP EXERCISE CLASSES - Winter 2019



MAIN STUDIO

	MON	TUE	WED	THU	FRI	SAT	SUN
5:15 AM				*TOTAL BODY FITNESS <i>Rebekah</i>		8:15 AM Les Mills BODYPUMP <i>Katie S</i>	
9:00 AM		BOX & CORE <i>Lisa VR</i> ★			BOX & CORE <i>Lisa VR</i>	9:30 AM YOGA <i>Katie L</i>	
9:30 AM	*KETTLEBELL <i>Shelly</i> ★			YOGA SCULPT <i>Shelly (NEW!)</i> ★		10:00 AM	YOGA <i>Terese</i>
10:00 AM					Les Mills BODYFLOW <i>Lisa VR</i>	PLEASE BRING YOUR OWN YOGA MAT	
12:15 PM		SILVER SNEAKERS FIT <i>Shari</i>		SILVER SNEAKERS FIT <i>Shari</i>	SILVER SNEAKERS FIT <i>Meg S.</i>		
5:15 PM			(5:30pm) YOGA SCULPT <i>Shelly (NEW!)</i>				
5:30 PM		Les Mills BODYPUMP <i>Sherna</i> ★		Les Mills BODYPUMP <i>Katie S</i>	New Class! YOGA SCULPT		
6:15 PM	FUNK <i>Mel</i>						
6:45 PM		*YOGA <i>Sherna</i>					

- COLOR KEY -

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

CYCLE STUDIO

	MON	TUE	WED	THU	FRI	SAT	SUN
8:30 AM	RIDE <i>Lisa VR</i>			RIDE <i>Shelly</i> ★		9:30 AM RIDE <i>Julie S.</i>	
5:30 PM			RIDE <i>Julie S.</i>				
6:00 PM	RIDE <i>Shelly</i> ★						

(Schedules subject to change)